



NEW LIFE

BIBLE-PRESBYTERIAN CHURCH

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“For the Word of God and for the testimony of Jesus Christ” (Rev 1:9)

Vol. 29 No. 37

LORD’S DAY 14 SEPTEMBER 2025

ORDER OF WORSHIP

Morning Service – 11am

Prelude

The Lord Is in His Holy Temple

Call to Worship

Psalm 103:21-22

Opening Hymn *

RHC 19 – “Come, We That Love the Lord”

Opening Prayer

John Poh

Responsive Reading

Psalm 18

Second Hymn *

Psalm 18:1-6

(to the tune of St Magnus)

Scriptural Text

2 Chronicles 34:1-35:27

Pastoral Prayer

Mr Joey Seow

Sermon Message

Lessons from the life of King Josiah

Closing Hymn *

RHC 388 – “O for a Closer Walk with God”

Benediction/3-Fold Amen *

Mr Joey Seow

Postlude

The Lord Bless You

**** Congregation Stands***

THE LORD IS IN HIS HOLY TEMPLE

The Lord is in His holy temple,
The Lord is in His holy temple:
Let all the earth keep silence,
Let all the earth keep silence before Him -
Keep silence, keep silence before Him. Amen.

THE LORD BLESS YOU

The Lord bless you and keep you;
The Lord lift His countenance upon you,
and give you peace, and give you peace;
The Lord make His face to shine upon you,
And be gracious unto you, be gracious,
The Lord be gracious, gracious unto you. Amen.

WESTMINSTER SHORTER CATECHISM QUESTION 76

Q: Which is the Ninth Commandment?

A: The Ninth Commandment is, THOU SHALT NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOUR.

Heidelberg Catechism Q & A 112.

Q: What is required in the ninth commandment?

A: That I bear false witness against no man, nor falsify any man’s words; that I be no backbiter, nor slanderer; that I do not judge, nor join in condemning any man rashly, or unheard; but that I avoid all sorts of lies and deceit, as the proper works of the devil, unless I would bring down upon me the heavy wrath of God; likewise, that in judgment and all other dealings I love the truth, speak it uprightly and confess it; also that I defend and promote, as much as I am able, the horror and good character of my neighbour.

Dear brethren, this week article is the eighth article on the topic of “Soul Care” written by Rev Mark Chen, Pastor of First Evangelical Reformed Church in Singapore. This was published in their church weekly on 13th February 2022 and it has been reproduced for our edification.

Soul Care: Finding Strength in Weariness – Part II

In last week’s pastoral voice, we saw the importance of resting in God by remembering who he is. Today, we consider how we can rest. It is not only important to think, but also to do.

Rest in God to Find Strength in Weariness

1. Wait on God by hoping in Him. Isaiah 40:31 — *“They that wait upon the Lord shall renew their strength.”* To wait upon God is to rest in him. When we trust in lying words such as - *“God has forgotten me, he is not delivering me”* - then we will despair. Faithlessness leads to despair.

When we only want one way of deliverance — *“Why don’t I get what I think I deserve? Why is my life not the way I want it to be?”* — then we will despair because we are not calming ourselves by hoping in God’s wisdom.

And to do this is hard. We would rather give in to our restless thoughts. Warren Wiersbe — *“The ability to calm your soul and wait before God is one of the most difficult things in the Christian life. Our old nature is restless...the world around us is frantically in a hurry. But a restless heart usually leads to a reckless life.”*

Therefore, let us wait. We long for relief, but we are characterized by confident expectation. According to the Hebrew, the word “wait” means “to wait, look for, hope, expect.” It is a hopeful and expectant wait. So to the exiled Jews, they believed the release was coming, and they waited for it. For them it should’ve been easier - they knew it was 70 years. For many of us, it is not as easy. But we are to wait patiently and courageously. Psalm 27:14 — *“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.”*

And this is hard. It must be an active hope. G. Campbell Morgan — *“Waiting for God is not laziness. Waiting for God is not going to sleep. Waiting for God is not the abandonment of effort. Waiting for God means, first, activity under command; second, readiness for any new command that may come; third, the ability to do nothing until the command is given.”*

2. Wait on God by surrendering ourselves to God. The root-word for “wait” means to “bind together by twisting.” The noun version means “rope.”

A rope is made of twisted strands together. One strand is not strong enough. Two strands come undone easily. But a threefold cord is not easily broken. Therefore, we must be entwined by God - to let him envelop us by his strength and his ways.

And this requires us not to pursue our own way of deliverance. In fact, this may be idolatrous and the reason for our continued weariness. In Philippians 4:13, Paul acknowledged that it was the power of God that strengthened him to live life in poverty or in plenty. When he was in poverty, he did not hunger idolatrously after plenty; and when he was in plenty, he accepted it from the Lord. So when he surrendered himself to Christ, only then was he strengthened by Christ to do all things.

Practical Suggestions for Resting

What are some practical ways of resting and finding strength in God? We saw in last week's pastoral voice the importance of remembering God. Today, we've seen the need to rest actively.

1. We must believe this — Isaiah 40:28-29 — *“Hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? There is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth strength.”*

We must disbelieve the unbelief of our hearts and the lies we are told. If we are not doing this actively, we will not be able to take up the other suggestions.

2. We must also rest. In Mark 6, when the disciples returned from evangelizing 2 by 2 and were exhausted, Jesus told them to rest. Mark 6:31 — *“Come ye yourselves apart into a desert place and rest a while.”* We must take it easy!

There's an apocryphal account about Aesop, the writer of his famous fables. When he, as an adult, was playing games with some children, an Athenian philosopher who witnessed it, disapproved of Aesop. Aesop picked up bow and loosened string, and asked the outraged philosopher the meaning of it. To which he explained — if we let the taut string go slack once in a while, it will be more fit for use when we want to use it.

Similarly, it's important for us to come apart to rest, or else we may come apart altogether.

3. We must also worship God. When we think and sing about his eternity, wisdom, power, and grace - we focus on him and not on ourselves. When we worship, it's impossible to fixate and obsess on our sinful thinking.

The result of these will be glorious — Isaiah 40:31 - *“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.”*

We will have the strength to go through our trials and anxieties. We can patiently go through our weariness. We will have more pocket of joy and victory. Life is not always spiritually exhilarating — it's not a sprint, but a marathon. But we shall have strength to

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WELCOME TO NEW LIFE B-P CHURCH LONDON

Our Lord's Day activities begin with the **Worship Service** at **11.00 am** followed by a **Bible Study & Children's Sunday School** at **1:30pm**. Do invite your friends to come to Church.

NEWS/ANNOUNCEMENTS

Dear Worshippers, we extend a warm welcome to you this Lord's Day. We hope that you have a blessed time worshipping with us today.

For those unable to attend Church in person, please join our Worship Service and Bible Study on our live-stream via YouTube - <https://www.youtube.com/@NewLifeBPCLondon>

We thank God for providing Mr Joey Seow to minister to us this Lord's Day.

Next week, Rev Mathews Abraham will be ministering to us and we will observe the Lord's Supper. Rev Abraham will be with us till mid-November.

Tithes & Offerings – The offering box is located at the entrance to the Church Sanctuary.

After-Service Fellowship – Join us for lunch fellowship after the morning worship service.

Please bring your own lunch as only drinks will be provided.

Afternoon Bible Study – No bible study this week.

Children's Sunday School – held after the After-Service Fellowship at 1:30pm.

MEMORY VERSE

This Week

“Because thine heart was tender, and thou didst humble thyself before God, when thou heardest his words against this place, and against the inhabitants thereof, and humbledst thyself before me, and didst rend thy clothes, and weep before me; I have even heard thee also, saith the LORD.

2 Chronicles 34:27

Last Week

“For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.”

Romans 1:16

run it. Sometimes life can be slow and tiresome — but we shall have strength to walk the long and winding stretches without fainting.

May the Lord grant us the grace and the faith to go through our times of weariness with strength from our sovereign and loving God.

Recommended Resources:

General:

How To Handle Trouble by Jay Adams (church library)

Why Us? by Warren Wiersbe (church library)

Resting Secure by Kathleen Nielson (church library)

Booklet:

Gospel for Real Life: God's Attributes (Rest for Life's Struggles) by Brad Hambrick (eTulip.org)

For Sisters:

Freedom to Flourish: The Rest God Offers in the Purpose He Gives You by Elizabeth Garn (eTulip.org)

On the Sabbath:

Rest in God & A Calamity in Contemporary Christianity by Iain Murray (eTulip.org)

Celebrating the Sabbath: Finding Rest in a Restless World by Bruce Ray (eTulip.org)