



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. 25

LORD’S DAY 22 JUNE 2025

ORDER OF WORSHIP

Morning Service – 11am

Prelude

The Lord Is in His Holy Temple

Call to Worship

Psalm 7:13-15

*Opening Hymn **

RHC 15 – “How Shall I Sing That Majesty”

Opening Prayer

John Poh

Responsive Reading

Psalm 7

*Second Hymn **

Psalm 7:1-8

(to the tune of Vox Dilecti, RHC 298)

Scriptural Text

2 Peter 1:4

Pastoral Prayer

Dr David Allen

Sermon Message

The Exceeding Great and Precious Promises

*Closing Hymn **

RHC 357 – “Precious Promise”

Observation of Lord’s Supper

Dr David Allen

*Benediction/3-Fold Amen **

Dr David Allen

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.

SHORTER CATECHISM QUESTION 63

Q: Which is the Fifth Commandment?

A: The Fifth Commandment is, HONOUR THY FATHER AND THY MOTHER; that thy days may be long upon the land which the LORD thy God giveth thee.

Scriptural Reference:

Exodus 20:12

Dear brethren, this week article is the first 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 29th August 2021 and it has been reproduced for our edification.

Soul Care: Perception, Emotion, Reaction

In the report on the church’s elders retreat, I spoke about the need to help one another and to be brother-keepers. We all struggle in one way or another and we should not struggle alone. God has given the church so that we may bear one another’s burdens. We are to care for one another’s souls.

I hope to write a series of articles under the broad category of soul care. I will be writing on topics such as forgiveness, anger, worry, bitterness, etc. If you have a specific question or suggestions on issues related to our souls, the troubles we go through, and how the counsel of the Scriptures can be practically applied, please let me know.

The first thing I would like to write on is how our perception of things and of God causes us to feel and react in certain ways to stressors and life issues. For example, Paul faced great persecution and was imprisoned unfairly. For many of us, we would despair and charge God with unfairness. We may even misbehave. However, Paul rejoiced and he reacted with peace because he trusted in God and knew that God was at work. How Paul looked at things affected his feelings and actions.

Example of the Philistines, the Israelites, and David

Theology affects our feelings and actions. This is very clearly seen in the account at the Valley of Elah. The Philistines were on one mountain and the Israelites were on the other. The Philistines were greater in number and better organized, and had better weapons. The Israelites had just crowned their first king, come out of the time of the Judges, and were poorly organized.

But why did the Philistines not attack Israel straightaway? Why did they only send a representative to fight? In the same way, why did Israel despair when they saw this one solitary giant when their own king stood a head above everyone else?

It was because of their theology and memory.

The Philistines remembered how, when they stole the ark, their idol Dagon fell down in the presence of the Ark and the people became infected with an unexplainable illness. They remembered how Israel had come sweeping in years earlier to take over the Promised Land. This is why they sent only one warrior — to test the waters. They had good theology and good memory.

Israel, on the other hand, had bad theology and a bad memory. They forgot what God had done for them. Instead of trusting their giant of a God, they feared this giant of a man. Even King Saul, their champion, was hiding out. They had bad theology and bad memory.

On the other hand, David — the shepherd boy — had good theology and good memory. When he came to the battle field, he only had one comment. He called Goliath a disgrace and called him an uncircumcised Philistine who defied the armies of the living God (1 Samuel 17:26). Why? He knew God and his promises. He knew the Israelites were the covenant people of God. He knew the Philistines were not. He knew Goliath was nothing. He had good theology and good memory.

And this caused him to feel confident. And David’s theology caused him to react by petitioning Saul to fight Goliath, go without armor, and only with a sling and 5 stones.

Sin Is Ultimately the Cause

Why do we think, feel, and react the way we do? It is because of sin.

When Eve was tempted at the garden, her belief was that God was not truthful and not good because, to her, he withheld wisdom and status from her. This led her to look at the fruit as her source of happiness. And it caused her to be unhappy with what she already had — a whole garden of fruits! She saw the

forbidden fruit — it was pleasant to the eyes (lust of the eyes), good for food (lust of the flesh), and able to make her wise (pride of life). And she misbehaved — she sinned and ate the fruit.

Sin is ultimately the cause of our troubles. Stressors will always come because we live in a fallen world. But our perception of God affects our emotions and our reactions. And if our perception of him is skewed, then it will affect our emotions which in turn affect our actions.

This is why Jesus told his disciples not to worry. Worry itself was the sin. It stemmed from the perception that God could not provide what they needed. And persistent worry could not do anything. Rather, they were to trust God — who provides for the sparrows — for their daily needs.

To say that we can have sinful thoughts and emotions is not a harsh thing to say — it is biblical. We are weak, sinful, and forgetful! Let us own it. A variety of sins may undergird worry — I perceive that God is not good nor able to supply my needs; or I am idolatrous and when I don't get what I want, I worry; or I am God because if I don't worry and obsess over my issue, it won't come right because God doesn't answer prayers.

To be clear, emotions themselves are not sinful. We are created in the image of God — and God has attributes of anger, love, compassion, grief, etc. But let us remember that our emotions can be sinful. We can sin in anger (Ephesians 4:26). Jesus was filled with godly emotions. He reacted in anger, love, compassion, and when he was at the cross, he wept and cried with loud cries!

Jesus Can Help Us

Only Jesus can change our perception, emotions, and reactions. This is because he triumphed over sin and temptation.

When he was led by the Spirit into the wilderness to be tempted by the Devil, he was hungry and tired after 40 days. When the Devil tempted him to turn stone into bread (lust of the flesh), to behold the kingdoms of the earth so as to worship Satan to have them (lust of the eyes), and to throw himself off the temple to receive the help of the angels (pride of life), Jesus sinned not.

He had good theology. Man shall not live by bread alone but by obedience. Man shall only worship God alone. Man shall not put God to the test. So Jesus reacted in obedience his entire life. His food was to the will of God, to obey God, and to submit to God. In the end, Jesus would have the following — a marriage supper where he is groom, he would receive worship, and he would be exalted by all the angels!

How is this help ours? Firstly, we must be saved. We must trust in Jesus and submit to his rule. When he is our God and his rule over us is accepted, it's the beginning of receiving all of God's blessings. Romans 8:32: "He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?"

We must also learn to walk in Jesus' will and to exalt him, his ways, his thoughts in our lives. Philippians 1:21 tells us that to live is Christ. Galatians 2:20 says, "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."

Practical Suggestions

When you are going through life issues with great stressors, what can you do?

Firstly, cry out to Christ. He is your God and loves you. He will help you.

Secondly, identify why you are troubled and remember all of the promises of God. In other words, identify the perception. Is there an idol in your life? Are you wanting to be god in your own life? Are your enemies greater than God? Do you value life more than death in Christ? Do you trust that God has a good plan for you? Are you saved and in his will? Do you know that he loves you and cares for you? Do you trust that he knows best and has a perfect will? Can you surrender yourself to him, to believe him, and to let your feelings and reactions change?

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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 Dr David Allen to minister to us this Lord's Day.

Next week, Mr Charles Scott-Pearson will minister to us.

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 – Dr Allen will be speaking about “William Tyndale”.

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

MEMORY VERSE

This Week

“Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.”

2 Peter 1:4

Last Week

“And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”

Genesis 2:7

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Thirdly, examine your emotions and reactions. Have they been sinful? Bring them to God, repent if needed, and determine how you must react in obedience. How must you think, feel, and react?

Fourthly, if you're not sure how to do this, ask a friend. There are others who have gone through what you are going through. They can help.

2 Corinthians 1:3-4 says, “Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.”

Fifthly, if you have overcome troubles in your life by having a strong biblical understanding of God, resultant confidence and peace in him, and godly reactions to stressors, love others by helping them.

Galatians 6:1-2 says, “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ.”

As we go through life, be patient. As we apply the Word of God, we will change. Remember we are sinners — Christ is working to change us day by day. For some, their change is fast; for others, it may be slower. And we ought to be patient with one another.

May the Lord help us to take care of our own souls by applying practically what we know from the Scriptures, by going to others for help, and by helping others.