



# NEW LIFE

## BIBLE-PRESBYTERIAN CHURCH

44 Salusbury Road, London NW6 6NN

Charity No. 1060655

Tel: 020 7328 0869 (Manse)

Email: newlifebplondon @ yahoo.co.uk

Website: www.newlifebpc.org.uk

Supervisory Pastor: Rev Lim Chee Boon

Email: pastor @ newlifebpc.org.uk

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

Vol. 29 No. 35

**LORD’S DAY 31 AUGUST 2025**

### ORDER OF WORSHIP

#### *Morning Service – 11am*

*Prelude*

*The Lord Is in His Holy Temple*

*Call to Worship*

Psalm 96:1-6

*Opening Hymn \**

RHC 28 – “The God of Abraham Praise”

*Opening Prayer*

John Poh

*Responsive Reading*

Psalm 16

*Second Hymn \**

*Psalm 16:1-5*

*(to the tune of St Stephen, RHC 397)*

*Scriptural Text*

Hebrews 12:3

*Pastoral Prayer*

Dr David Allen

*Sermon Message*

**CONSIDER HIM**

*Closing Hymn \**

RHC 278 – “Look to the Lamb of God”

*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.

### **WESTMINSTER SHORTER CATECHISM QUESTION 74**

**Q: What is required in the Eighth Commandment?**

*A: The Eight Commandment requireth the lawful procuring and furthering the wealth and outward estate of ourselves and others.*

Scriptural Reference:

Romans 12:17, Ephesians 4:28

#### **Heidelberg Catechism Q & A 111**

**Q: But what does God require in this commandment?**

*A: That I promote the advantage of my neighbour in every instance I can or may; and deal with him as I desire to be dealt with by others: further also that I faithfully labour, so that I may be able to relieve the needy.*

Dear brethren, this week article is the sixth 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 14<sup>th</sup> November 2021 and it has been reproduced for our edification.

## **Soul Care: Thinking Spiritual Thoughts**

In the previous Pastoral Voice, I wrote on striving to grow in godliness. It is a duty to grow in godliness (Hebrews 5:12-14). The two places where we tackle this are the mind and the actions.

How we think affects how we act – we are to think spiritually correct thoughts. But there are also practical instructions from the Scripture on how we are to grow – by putting off sin and by putting on holiness.

Today we want to consider further how we should think spiritually correct thoughts, especially regarding others.

### *Example*

Several years ago, I went to Adelaide to speak at a church camp. The pastor was my classmate. He asked me to speak about relationships in church. It was founded by Vietnamese immigrants. Eventually, non-Vietnamese joined the church and their Vietnamese Australian children grew up.

There were linguistic and cultural barriers to communication. But what made it worse was there was also suspicion. People were suspicious and paranoid of others. Because of their paranoia, they behaved a certain way and came to certain self-fulfilling conclusions.

What we think will affect what we say and do. But we need to remember, that what we think and say and do must be what God wants us think, say, and do.

We see in Philippians 4:8 that we must have thoughts which are spiritual and correct. And to be spiritually correct, we need to do two things. We must firstly guard our hearts, and secondly fill our hearts.

### *Guard Our Hearts*

Firstly we must guard our hearts. This is seen in Proverbs 4:23, where it says – *“Keep thy heart with all diligence, for out of it are the issues of life.”* How do we keep our hearts?

The word “keep” means simply to do the work of a watchman. A watchman is employed by a town to keep watch from a high tower. He doesn’t rest, and he doesn’t sleep. And it is to be done “with all diligence.”

The word “diligence” literally means “prison.” It gives the idea that we are to guard as if we are guarding a criminal. You watch his every move. So the attitude that we are to have in guarding our hearts is to guard it like we are guarding a criminal.

The heart is the source of evil. Matthew 15:18-19 says, *“But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.”*

The heart is a source, and if the source is corrupted, so will everything that issues from it. Proverbs 4:23 says all life issues will be affected by the heart. The heart produces disunity, discord, discontentment, dishonesty, disbelief, dysfunction, disdain, discouragement, disputes, distortion, etc.

The heart is also deceitful. Jeremiah 17:9 says, *“The heart is deceitful above all things, and desperately wicked: who can know it?”* Our hearts cannot be trusted – often our bad conclusions and judgments eventually show themselves in speech and action – they stem from a deceitful and a deceived heart.

We are to guard our hearts especially of what we think of others. In Philippians 4, Paul mentioned 2 lady co-labourers – Euodias and Syntyche – who were at odds. They weren’t pure in their relationship. But Paul beseeched them to be of one mind. And the way he told them to do so was to fill their hearts with spiritually right thoughts.

### *Fill Our Hearts*

To be spiritually correct in thought, we also need to fill our hearts. To guard our hearts, we must guard it from what is impure, what is poisonous. But we shouldn’t starve our hearts either – we need to be nourished by wholesome thoughts.

Philippians 4:8 says, *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”*

You are what you think. Our thoughts and desires never remain as simply thoughts and desires. They eventually become reality. There comes a time when we live them out, when we act on them, when we become what we think.

If we keep filling our mind with money, then we become materialistic. If we fill our mind with violence, we may use violence on those around us. If we fill our mind with bitterness and anger, we will be bitter and angry persons.

But what happens if we fill our mind with what is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy? We will become more like Jesus; we will be a holier person. But how do we fill? We must think.

To think means to consider carefully. It’s like a cow which ruminates the cud until the nutrients are absorbed into its blood. Similarly, godly ideas and thoughts cannot be made part of us unless we spend time thinking.

Philippians 4:8 gives us a starter list of things to think about.

Firstly, whatsoever is true. In other words, we are to reject untruth and embrace truth. Too often, we are too quick to believe gossip.

Secondly, we are to fill our minds with what is honest or honourable. This word is used in 1 Timothy 3:8 and Titus 2:2 to refer to the dignity of deacons and aged men. We often think on things which are not honourable or dignified.

Thirdly, we are to think upon things which are just. The term just refers to men who are “upright,” “just,” or “righteous” – this refers to things which are morally correct. This can refer to upright actions or upright words. The opposite of this is sinful things – sinful actions and sinful words.

Fourthly, we are to think upon things which are pure. This word speaks about holiness. In 1 Timothy 5:22, Christians are to be pure and to be free from sin. The wisdom from heaven is first pure as James tells us.

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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 Worshipers, 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, Rev Gordon Ferguson will be ministering 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 conduct the study on “WITHOUT HOLINESS NO MAN SHALL SEE THE LORD” taken from Hebrews 12:14.

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

## MEMORY VERSE

### This Week

*“For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.”*

**Hebrews 12:3**

### Last Week

*“But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.”*

**Job 23:10**

Fifthly, we are to think upon things which are lovely. “Lovely” refers to that which is pleasing or amiable. It is better translated as lovable.

Sixthly, we are to think upon things which are of good report. “Good report” refers to something commendable or worthy of praise.

We will think about what is true, what is honourable, what is morally correct, what is not sinful, what is lovable, and what is commendable.

What does this look like? For example, you hear from a friend that someone has badmouthed you. If we are to immediately believe in it, and not verify the facts, then we are not thinking upon what is true. Much harm has come to relationships because we are quick to believe.

Perhaps we are angry and keep thinking on what was said – whether accurate or not – and we imagine the worst in people, then we are filling our minds with what is not honourable.

And when we start plotting revenge or how we can avoid or accuse our offender, then we are focusing on things which are unjust and unrighteous.

Even the slightest indulgence in such wicked thoughts causes us to be impure. But to think spiritually and correctly means to fill our minds with things pleasant and lovable like forgiveness, forbearance, increased love, and patient dialogue.

May the Lord help us to discipline ourselves to guard our hearts that we may purify our thoughts.