

You can post updates, share pictures, videos, links and all other activities that give you an information edge, sending or receiving the latest news and little tidbits about your current activities. You can inform people what you ate for dinner a minute ago or about your latest mood index. Oh, you can confidently use these sophisticated new verbs without fear of not being understood – tweet, tweeting or twittering.

Technology is supposed to help us and relieve us of tedious and repetitive work. But with the array of gadgets that are on standby and within arm's reach (our PDAs, lap tops and mobile phones), we hardly have any time to process, respond or reflect. One wonders if these digital contraptions have become a source of distraction rather than tools of convenience as they cause us to function at alarming levels of stimulation and anxiety. So Sunday is no longer a day of rest but a day for playing catch up, clearing the backlog and maintaining our blogs.

If you find yourself trapped or caught in this frenzied pace of life that leaves you irritable and grouchy, stop and reflect. Don't measure yourself with the models of success offered by society or try to be part of the hip majority (or minority?).

When we're driven by desires to be like the rest, just as the Israelites were in the Old Testament, we'll feel dissatisfied at some level, no matter how much we've achieved. Comparing with and desiring what others have will make us covet for more so that we lose sight of the big picture and miss the blessings of cultivating a quiet inner life.

Enlarging your interior involves discipline. It doesn't come by chance or instantly. We need to deliberately shut down and unplug those gadgets and be still before the Lord. This requires patience and endurance because we've been conditioned to respond to distractions.

But we don't have to be frightened or put off by that thought. That place of silence is already in us. We were born with a natural childlike need for connectivity with someone greater than us. To rediscover that inner space, it's helpful to find a quiet physical space.

Find a quiet spot and time where you can create a silent retreat and solitude. Practising solitude is never a waste of time. Albert Einstein called it, "the teacher of personality." While silence can be confronting because the absence of activities and routine noises shake the very assumptions of our being, it helps us reflect on what's important and needful.

Through the experience of solitude, we're able to calm our anxieties and allow God to reclaim our soul. We've a hard time distinguishing the Spirit's sweet prompting from the inner chatter of our ego because we've lived fragmented and compartmentalised lives. Don't exclude God from your routine.

Pastor Song Cheng Hock

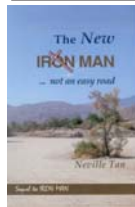
ANNOUNCEMENTS

WE WELCOME all guests who have come to worship with us this morning. If this is your first visit, please fill in the Visitor Form so that we can keep in touch with you.

PLEASE REMEMBER TO SWITCH OFF YOUR HANDPHONES!

DANIEL TAN BOWLING FELLOWSHIP

Have you signed up for the Daniel Tan Bowling Fellowship? Sign up today and join the fellowship on **Sunday evening August 1st and 15th at Orchid Country Club, Yishun.** Come and join us for a time of fun and fellowship.



THE NEW IRONMAN

Pastor Neville's third book "The New Iron Man" is ready. They can be purchased at the fellowship hall for \$14.00pc.

The book continues Ps. Neville's story after his release from prison.

PRAYER ITEMS

1. **Please pray for Pastor Neville**, as he brings God's Word to us this morning, that we will all be ministered to by the Holy Spirit.



2. Pray for **Auntie Alice**, that she will be close to the Lord, and for her to trust the Lord completely during this time of trial. Pray for God's peace and strength for her, and for God's wisdom for Auntie Catherine as she takes care of her sister, as well as for the medical team in attendance.

3. PRAY FOR EACH OTHER

Samuel on his retirement: "As for me, far be it from me that I should sin against the LORD by failing to pray for you. And I will teach you the way that is good and right. But be sure to fear the LORD and serve him faithfully with all your heart; consider what great things he has done for you." (1 Sam 12:23-24)

Let's learn to be faithful in praying for each other (your buddy, Bible study group, church leaders and church) – that we will always:

- put God first and love Him above all else
- be a praying community
- serve Him with all our heart
- thank Him for all the great things He has done for us.

4. Please pray for the various ministries in **our congregation**, for the children's ministry, the teachers and helpers, the youth and

their leaders, the young adults and for ourselves that we may be used by the Lord to serve Him and one another.

5. **Please pray for the new developments in Cambodia**, for the new Church and new Khmer school. Pray for the teachers, a pastor (to be appointed) and for the children. Many of them are orphans whose parents have died of HIV. They now live with foster parents and are often sick and hungry. **We will be collecting used children's clothes to bring to them on our next trip.**

6. **Thank you for praying for Pastor and Anne** during their visit to Penang. They had a blessed time of ministering at both our COG congregation in Penang and also at the Penang First Assembly of God Church. Praise God for a fruitful time. We were ourselves very refreshed.



PASTORAL PRAYER. Should you or someone you know need prayer, please speak to the pastor or send your email to chggod@churchofgodsg.com.

CHURCH 29TH ANNIVERSARY

We will be celebrating our 29th Anniversary on August 16th 09 and would like to invite participants to make presentations - song items, short testimonies or skits.

Please inform the pastors if you wish to contribute before July 31st 2009. Thank you

Adapted

"The following hymn written by Charles Wesley has blessed me for years.

*'A charge to keep I have,
A God to glorify,
A never dying soul to save,
And fit it for the sky.*

*To serve this present age,
my calling to fulfill.*

*O' may it all my powers engage,
to do my Master's will.' " - J. Betler*

Memory Verse:

Last week's: This is my command: Love each other. - **John 15:17.**

This week: Love never fails. - **1 Corinthians 13:8**