



Another way is to look at the development of one's cognitive structure. The Swiss natural scientist Jean Piaget for example, measures a person's cognitive growth on a four-level representation: infancy, preschool, childhood and adolescence upwards.

Our childhood years can shape, limit, enhance or constrain our adult years. Most of our present responses, values, perception and assumptions are anchored in our childhood experience. The more we can learn from re-evaluating our own childhood years, the better we become in accepting ourselves, including our limitations.

Unfortunately, some remain stuck at this point. They don't know how to disentangle their personal aspirations from that of their parents, teachers and other care-givers. They remain trapped in their habitual modes of negative thinking that disturb their mental, emotional and spiritual health, thereby draining their energy and depleting their sense of self-worth.

Those mental traps that we have acquired, internalized and surrendered to over the years would eventually become our unconscious core imprints that govern our behaviour and sensitivities. Thus, seemingly well-adjusted people can react very quickly and sometimes childishly over minor, unrelated things that have no bearing whatsoever on the very issue that disturbs them. The minor trigger then becomes a major problem.

It's actually at our adult life transitions, that we're best equipped to clarify our sense of self. As children of God, we have the spiritual framework to make significant revisions in the assumptions that have guided or tyrannised us since childhood. Our lives don't have to be scripted by others. We can rewrite our script together with the Holy Spirit. The Scriptures give us the structure and paradigm to work with.

When you consciously reflect on the Word in the context of your own interiority, you can draw upon more of God's intentions and claim who He wants you to be. As the inner reaches of your mind are reviewed by the Holy Spirit, you will progressively recalibrate your perception of who you are.

The basis of it is, God is our Maker and Redeemer. We carry His imprint and Spirit within us. The transcendent perspective of God as the catalyst and cause of change is an empowering motivation for us to accept and love ourselves in the way God loves us. As you dwell daily on the unconditional love of God, you'll progressively, even unconsciously distance yourself from those externally imposed structures because you're experiencing inner renewal. You can confront the damaging perceptions of self and celebrate your identity.

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.

## REMINDERS

Please remember to park your car at **Bedok South Secondary School** so that we do not inconvenience our neighbours who have been very understanding.

PLEASE REMEMBER TO SWITCH OFF YOUR HANDPHONES!

### Seven-Eleven Gospel Outreach

Pr Caleb How is organising a Gospel Rally at **People's Park Center in Cross Street, #06-15, on July 11 2009** at 7.30 pm. Pastor Neville will be their evangelist and would like us to support this effort by inviting unbelievers to attend.

Pastor Caleb will be sharing his ministry to the special people he is ministering to on Friday 10th JULY 2009.

***WE WOULD LIKE ALL OF YOU TO COME AND join us in prayer for the Outreach Pr Caleb***

### 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 the **Worship Team**, the **audio/visual support group**, as well as the **ushers**. Pray that God will continually refresh them as they experience deeper worship themselves, leading others to worship God in spirit and in truth and to encounter Him, to the end that their lives be transformed to His glory.
3. Please continue to 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.
4. Pray for the toddlers and little ones in our midst – that they will grow up in the fear of the Lord. We thank God for their innocence and the joy they bring to us. Remember also their parents, care-givers and teachers.
5. Pray for our youth – for their devotion to God and steadfastness as they face daily challenges and temptations. Pray that God will send us a youth worker who will be able to

mentor and train them in the ways of God.

### 6. For Those Facing Change

*Jesus Christ is the same yesterday and today and forever (Heb 13:8).*

Pray for those who are facing change in their lives. Some are coming to terms with loneliness, others with problems of work or lack of employment, or ill-health.

Remember each by name and ask God to give them fresh reserves of strength and hope to meet the demanding challenges that life brings.

Be assured that our God understands "for we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are - yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (Heb 4: 15-16).

### 7. Pray For Our Government

*"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness." (1 Timothy 2: 1-2)*

- That God will give them vision to see far into the issues confronting the nation
- Courage to uphold what they believe to be right
- Integrity in their words and motives
- Their service to the people may promote welfare, righteousness and peace.

**PASTORAL PRAYER.** Should you or someone you know need prayer, please send your email to [chggod@churchofgodsg.com](mailto:chggod@churchofgodsg.com) or speak to the pastor.

*Blest Holy Spirit from above  
With all Thy quickening powers  
Come, shed abroad the Saviour's love  
And that shall kindle ours. - Watts*  
***The power that compels us  
comes from the Spirit who indwells us.***

**Last week's Memory Verse:** Above all else, guard your heart, for it is the wellspring of life. - **Proverbs 4 : 23**  
**This week:** Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. - **Psalms 23 : 6**