

SCHEDULE OF MEETINGS

Worship Services: 9.00 am - 10.30 am
11.00 am - 12.30 pm
Sunday School: 11.00 am - 12.30 pm

Sunday Service Details

NEXT WEEK - (9.00 A.M.)

Sermon: "Power Encounter" (Mark 4 : 35; 5 : 1 - 20)

Speaker: Ps Song Cheng Hock

Holy Communion: Ps Song Announcements: Henry Tan

Worship: Chiew Eng/ Catherine/ Cheng Huat Musician: Swee Lian

Projectionist: Lavinia AV: Vincent

Ushers: Joyce, Lilian, Serene

(11.00 A.M.)

Holy Communion: Ps Song Announcements: Chih Chung

Worship: Joshua/ Michael Musicians: Carissa/ Crystal/ Andrew

Projectionist: Ben AV: Cheng Huat

Ushers: Audrey, Gabriel, Margaret

Sunday School: Susan, Vincent and Evelyn

NEXT WEEK - COMBINED (10.00 A.M.)

Sermon: "Fruit of the Spirit" (Continued)

Speaker: Uncle Neville Tan

Holy Communion: Ps Song Announcements: Chih Chung

Worship: Lavinia/ Joyce/ Lilian Musician: Naomi/ Steven

Projectionist: Giselle AV: Jeff

Ushers: Joyce, Lilian, Vivien

Sunday School: Susan, Vincent and Evelyn

FRIDAY NIGHT PRAYER MEETING

We would like to encourage all to come and join the Prayer Meeting every Friday at 7.45 p.m. **Ps. Song** is teaching from the **Book of Revelation** every Friday.

LADIES FELLOWSHIP

The next ladies' meeting will be on Thursday (**28 May**) with bring-your-own-lunch to church at 12 pm followed by a topical study. The ladies will stand down their meetings during the June school holidays.

SMALL GROUPS (MEETING - FORTNIGHTLY)

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|-------------------------|------------|-----------------|
| 1) Pasir Ris | Henry Lee | (H/P 9696-3134) |
| 2) River Valley | Chiew Eng | (H/P 9638-1330) |
| 3) Sembawang / Thomson | N.G. Oh | (HP 9751-6723) |
| 4) Serangoon / Sengkang | Chih Chung | (H/P 9681-4680) |

SERMON NOTES:

Write down the fifteenth memory verse you memorised:



Where your "born again" experience makes you a member.

May 24, 2009

2009 THEME: "Let the word of Christ dwell in you richly ..." (Col 3:16)

Our Vision: To be a growing community of Christ-centred believers committed to honouring God and sharing His love.

Our Mission is to:

- Build a praying and worshipping community
- Instill a love for the Word of God
- Grow in holiness, unity and servanthood
- Give generously to the Work of God
- Equip God's people for the ministry
- Reach out locally and globally

UNHEALED WOUNDS

He heals the brokenhearted and binds up their wounds (Psalm 147:3, NIV).

A lot of people go through life carrying unhealed wounds, wounds that went unattended because they had been told to "get on with life" or to "move on." Unfortunately, such instructions are more destructive than prescriptive because they stall personality and character development. People who don't know how to label their pain and process their grief often find it hard to release their anger and forgive.

Devastating childhood wounds can cripple people's self-image and block their access to adult roles. Some never seem to grow up beyond their "stuck" feelings because their inner child repeatedly rehearses the messages of those wounds and is afraid to embrace new experiences. Its infantile defence mechanism urges them to remain suspicious and aloof.

If a child is constantly and repeatedly told that he's "no good," "will never be successful," "irresponsible" or "unwanted," he'll likely carry these interpretations to adulthood.

We need to understand that early impressions learned in childhood, can impede later development. For both good and

ill, grownups have influenced in startling ways our self-concept and self-image.

Hurt and damaged people are constantly searching for the right relationship that will make everything "right" for them, and looking for a saviour to detach them from their stuck feelings, fill their empty hole, provide the missed nurturing, and give them back what they had lost.

This search for that "redeeming" factor will eventually lead them to blind alleys and cul-de-sacs, because they're looking for the wrong thing and at the wrong places. Their either-or, black-and-white thinking causes them to see the solution to their problem as being a person, a job, a group, a church, an experience and so on.

Each new relationship becomes a hope for being saved, for turning their life around. When the person disappoints, or the job is less than wished for, or the church is less than perfect, they return to a position of helplessness, seeing themselves once again as having been cheated or victimised.

Rather than looking within to understand their true self, they look outside, either to blame or criticise others. They hole up within themselves and gripe – "that guy is impossible," "nothing's working," "they're always working against me."

Their very hurt and irrational shame render them unable to turn the microscope back upon themselves and God's word, to ask the hard questions that would lead to a resolution rather than a repetition.

If you're constantly plagued by those negative voices, remember, you're God's child and your own person, accepted and loved by God, charged with the responsibility of living for God's glory and in His name. You're not a predestined puppet, forced to live out other people's recordings for their forebodings about how poorly you would probably end up.

Jesus' neighbours, friends and enemies in Jerusalem tried the same technique on Him – "But we know where this man is from; when the Christ comes, no one will know where he is from" (John 7:27). Even guileless Nathanael incredulously asked, "Nazareth! Can anything good come from there?" (John 1:46).

But our Lord would not live out their storyline. We too needn't. He's our wounded healer. He died for us and has anointed us. We've been healed. Erase the past. Embrace the present and live with eternity in view.

Pastor Song Cheng Hock

"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple." - Jonah 2:7

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 Card so that we may 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!

NEXT SUNDAY service will be combined at 10.00 a.m.

"Beginning & Going On With Christ"

Want to build the right foundation for your Christian Life? Get a head start on the **Road to Maturity?** Or perhaps you want to help someone do that?

Join the "Beginning & Going on With Christ" sessions!

Topics include:

- Assurance of Salvation, Answered Prayer, Victory Over Sin, Forgiveness, Guidance
- Putting Christ First, His Strength, The Word, Love, Giving, The Church, Good Works, Witnessing

This will be held at the same time as the Adult Bible Class and will commence on Sunday, June 7 at 9.15am. If you have any questions, please speak with Sis. Chiew Eng who will be facilitating these sessions.

Seven-Eleven Gospel Rally

Pastor 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.

PRAYER ITEMS

1. Please pray for **Pastor Song** as he brings God's Word to us this morning. Pray for ourselves too that we may not be hearers of the Word only but doers too.



Uncle Neville is in Brunei this morning ministering at the **BTN Church**. Please pray for him that God will continue to

sustain him and use Him mightily again.

Uncle Neville spoke at two evangelistic rallies on Thursday and Friday evenings.

2. Pray for the **Worship Teams, 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.
3. Please continue to uphold **our Pastors and their family** in prayer. Pray for their health, that they will enjoy the Lord's rich blessings of good health, peace and joy as they serve Him.
4. Please pray for **Auntie Alice** who has undergone surgery recently. Pray for God to fill her with His strength, comfort and peace so that she will be filled with His comfort and joy during this time. Pray for God to heal her completely.
5. **Bro. Byju Samuel** has returned to his hometown in Kerala, India in preparation for his wedding ceremony and celebrations. In the midst of the Indian elections, please pray for God's blessings and protection on him and his bride, that everything will go well at the ceremony, and for good weather. Please also pray for God's provisions for him, that he will be blessed with all that he needs.
6. Please pray too for our congregation as we seek the Lord for two more members to serve on the **Board of Directors**.
7. Pray for our spiritual well-being — that we may enthrone Jesus as the Lord of our lives and be committed to living a godly life and exercising our gifts to the glory of God.
8. Pray for our readiness to adjust to the new worship time and teachability as we start our Adult Bible Classes.

*Each day we learn from yesterday
Of God's great love and care;
And every burden we must face
He'll surely help us bear.*

Last week's Memory Verse: "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it." - **1 Corinthians 10:13**

This week: "If you remain in me and my words remain in you, ask whatever you wish, and it will be given you." - **John 15:7**