



makes you wonder if something important is lacking in your life or something has gone incredibly wrong. When you're restless, you can neither concentrate, nor confidently feel that you're in control.

The symptoms and response of a restless mood are inexplicably intertwined – you're always checking your email, aimlessly surfing the net, watching YouTube, scribbling non-essentials on your Facebook, or perhaps rereading last week's magazines or yesterday's newspaper. You may do all these with unstudied intensity because you're just drifting along.

There are many reasons for this easily recognized behaviour. One possibility is, it adds to nothing more than a harmless temporary mood change due to some physical discomfort. Once that period is over, your mood index and life resume that functional normality again.

Another possibility is the more vulnerable and sensitive aspects of your temperament are being challenged. Those who are more melancholic in nature are more prone to entertaining depressive feelings than others. But it can be managed through affirmative self-talk and positive spiritual discipline like engaging in contemplative prayer and meditating on God's eternal promises. What you feel may not be a true reflection of reality.

Restlessness ordinarily points to some unfinished business in your life, something we have yet to come to terms with. As long as we delay the matter or deny it altogether, that restiveness will drill deeper into our psyche. This unfinished business, however, may not be apparent as we tend to push aside or dismiss some unhappy experience without actually resolving it. It will then fester and eventually maintain an invisible grip on us.

Restlessness may also be a sign of foreboding, or it may result from some situation we know is coming but we don't want to face. As our economy worsens, more are experiencing anxieties over their future. This may cause us to prematurely react and see a prophetic invitation to look in a new direction or accept a new challenge that has not quite formed yet in our minds.

Whatever your sense of inertia, the best way of diagnosing the problem is to do what the Psalmist did – call upon God to examine his anxious thoughts. It's good to look in one or all of those possibilities. But it's best to consult our Lord first, who is the source of all wisdom and counsel. Too often, we jump the gun or put the horse before the carriage too quickly. We seek others first before we seek Him. He's the giver of peace. Rest in Him.

**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 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!

**FROM NEXT SUNDAY onwards, there will be only one service at 10.30 a.m.**

## CONDOLENCES

We extend our condolences and deepest sympathy to Pastor Neville and Brother Henry Tan on the demise of their elder brother William on Wednesday, May 27th 2009.

## 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 Neville** 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.
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 is scheduled for surgery on June 3rd. Pray for God's peace, strength, healing and comfort for her, and for wisdom for surgeon, doctors and nurses.



## **5. Remember those who are undergoing difficulties:**

- that the Lord's Spirit and Word of promise will comfort them
- that they will recall the Lord's past dealings with them and count their blessings
- that they may see their situation from God's perspective.
- for the Lord's empowerment to overcome their difficulties.

6. Pastor Neville and Anne wishes to thank all who have prayed for him during his **trip to Brunei**. The meetings went very well. He experienced some chest discomfort **on the second night** but was able to preach at the next evening's service. Thank you again for praying for us.

## 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:

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

*Not ours to know the reason why  
Unanswered is our prayer,  
But ours to wait for God's own time -  
To lift the cross we bear.*

**When we pray, God wraps us in His loving arms.**

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

**This week:** And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - **Romans 8 : 28**