

BETHANY

INDEPENDENT-
PRESBYTERIAN
CHURCH

God's Kind of Church...

Where God is touching lives...

And people care for people.

Bethany IV ... 23 May 2021

MEDITATION

REV DR CHARLES TAN

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Text: Philippians 4

“BE ANXIOUS FOR NOTHING”

ANXIETY EXPERIENCED

Covid-19 rages on in some countries. Thousands die daily! Hundreds of thousands are infected daily too! How can we not feel anxious in a pandemic that has lasted for more than a year?

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MEDITATION

(Continued from page 1)

The problems that the Apostle Paul faced may have been different, but his word of advice continues to hold true.

⁴ Rejoice in the Lord always. Again I will say, rejoice!

⁵ Let your gentleness be known to all men. The Lord *is* at hand.

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Philippians 4:4-7

SIGNIFICANT PRINCIPLES

Paul listed some principles that he practised in his own life and ministry to share with the Philippian Church!

1. The practice of "Rejoicing"

a) This was obviously a very real part of Paul's life

b) He wrote about Rejoicing in the Lord

i) Though he was in prison

ii) Though people sought to do him harm

c) Paul chose to rejoice than to give in to feelings of anxiety

2. The practice of "Gentleness"

a) Gentleness was a way of life

b) He was gentle in leading people in ministry

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MEDITATION

(Continued from page 2)

c) This was his alternative to anxiety

d) Rejoicing and Gentleness went well for the Apostle Paul

3. The practice of "Sensing the Nearness of the Lord"

a) This was a major part of Paul's life and ministry

i) He lived for the Lord

ii) He was prepared to die for Him too

b) Obviously, this principle and practice stood him in good stead against anxiety

4. The practice of Praying

a) Paul cultivated his prayer life carefully

b) This was evident in all his writings

c) He would pray for the churches and members

d) This was another principle and practice that enabled him to remain focused

OUR CHALLENGE

Let us be challenged to cultivate good principles and practices in our life too. These four principles and practices will stand us in good stead as we face many anxieties in the world today!

Write to me at: charlestan@bethanyipc.sg

ANNOUNCEMENTS

WELCOME TO BETHANY

We still bid everyone a warm welcome to our Live Broadcast of our Sunday Worship! May we learn deep and relevant lessons about Meditation as we worship today!



LIVE BROADCAST MINISTRY

1. We will be having a Live Broadcast for the next few weeks
2. Let us bear this new set of social restrictions with fortitude and patience
3. Next Weekend: Live Broadcast
 - a) Saturday, 29 May 2021
Youth Worship
3.00pm
 - b) Sunday Worship, 30 May 2021
10.00am



BIBLE MEMORY WORK

TODAY: 23 May 2021

Text: Psalm 19:14 Acceptable in Your sight

Let the words of my mouth and the meditation of my heart

Be acceptable in Your sight,

O LORD, my strength and my Redeemer.

1. Our Meditation

This must include two things:

a) Our thoughts

b) Our words

2. Accepted by the LORD

a) The Lord's greatness must be borne in mind

i) He is our Redeemer

ii) He is our strength

b) We must seek the Lord

i) For His approval (acceptance)

ii) Therein lies His blessings

NEXT SUNDAY: 30 May 2021

Text: Psalm 63:6 I meditate on You in the night watches

When I remember You on my bed,

I meditate on You in the night watches.

WORSHIP IN SPIRIT AND TRUTH

Psalm 119:57-58

*You are my portion, O LORD;
I have said that I would keep Your words.*

*I entreated Your favour with my whole heart;
Be merciful to me according to Your word.*

1. Choosing the LORD as our portion

- a) This was done with understanding
- b) To choose the Lord is also to choose His words

2. Seeking the LORD's favour

- a) This must be done with the whole heart
- b) Seeking God's favour includes pleading for mercy humbly

POETRY CORNER

1

BE ANXIOUS FOR NOTHING

Is it possible not to be overcome by anxiety?
Let us learn from the Apostle Paul in humility.
He practised rejoicing in the Lord Jesus;
This was how he practised righteousness!

Is it possible to triumph over anxiety?
Yes, if we sense the Lord's proximity.
Knowing this, we can learn gentleness;
This is a good practice of faithfulness!

Is it possible to be free from anxiety?
Yes, if we seek God in prayer diligently.
Let all our supplications be known to God;
Let us hold fast to a firm faith in the Lord!

Anxiety need not overpower us at all;
Let us heed the Lord's gentle call.
He bids us to exercise full faith in Him;
He has the power to overcome all sins!

Charles Tan

Inspiration: Philippians 4:4-7

POETRY CORNER

2

Consciousness of the Lord

To meditate is to cultivate a consciousness of the Lord;
Consciously focus and sense His presence surrounding and hovering around us;
Watching and protecting His chosen, our ever-loving God;
Of Him may we continually raise our level of awareness.

Demands of the world should not our life determine;
It is a slippery slope that entangles and ought to be checked;
Seek the Holy Spirit to develop meditation as a spiritual discipline;
There needs to be a structure to adhere to remind us not to neglect.

Dedicate time first thing in the morning to be alone with Him;
Connect and establish the tone to spend the day with His Holiness;
To be in His company will fill us with joy to the brim;
A haphazard approach to the Lord is therefore careless.

Closeness to God generates an increasing sensitivity to man's sinfulness;
Our ability to distinguish between good and evil is acutely enhanced;
Faith is deepened as we become more conscious of God's righteousness;
Rejoice in the Lord for He favours and covers us with a shield.

Jessie Quek
Inspiration: Psalm 5

POETRY CORNER

3

Trust and Rejoice in God

Just when family and friends get used to meeting in groups of eight;
When restaurants gear up for business with larger tables laid.
The invisible enemy struck again and not one moment late;
Dispersing crowds at shopping malls and sending everyone scurrying home, afraid.

It's the government, the airport staff, and so the blame game begins;
It's negligence, complacency, and yet more excuses we will spin.
But the sad fact remains that congregational worship will once again be curtailed;
Despite the saving grace of online messages which members have been able to avail.

There will always be evil and dissenting voices in our midst;
But let us not despair and be discouraged in the least.
For even when we lament and cry out to God in the night;
The Lord will give peace and hope to begin a new day with delight.

Let all who trust in the Lord, our God, rejoice also in the same;
For He defends and blesses the righteous who love His name.
The road ahead may be difficult and prove arduous to navigate;
But the Lord is our Shield and Shepherd to whom we can gravitate.

Dr. Sng Li Wah
Inspiration: Psalms 5

POETRY CORNER

4

FOR TO YOU I WILL PRAY

The wickedness around us can be very real,
A sense of helplessness, our hearts may feel.

We feel vexed when we have no solution,
But God wants us to focus on meditation.

We must dwell on God with consciousness,
He is our Lord, merciful and gracious.
He is also our King who loves and cares,
He hears and considers all our prayers.

We can be assured that God is righteous,
He will certainly not condone wickedness.
Our part is to seek Him and draw near,
To worship Him with reverence and fear.

Our prayer is for God to lead us in His way,
And teach us to walk uprightly each day.
May we learn to trust Him wholeheartedly!
May our hearts rejoice in Him most gladly!

Yvette Seow

Inspiration: Psalm 5

ORDER OF WORSHIP



CALL TO WORSHIP

Rev. Dr. Charles Tan

INVOCATION

MESSAGE

“The words of my mouth and the meditation of my heart”

Text: Psalm 12, 19

BENEDICTION



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