

BETHANY

INDEPENDENT-
PRESBYTERIAN
CHURCH

God's Kind of Church...

Where God is touching lives...

And people care for people.

Bethany IV ... 30 May 2021

MEDITATION

REV DR CHARLES TAN

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Text: Philippians 4

MEDITATE ON THESE THINGS

THE PRACTICE OF MEDITATION

The practice of Meditation was not confined to the Old Testament times. The Psalmists were not the only ones who practised the art of Meditation. The Apostle Paul enjoined this practice too.

(Continued on page 2)

MEDITATION

(Continued from page 1)

⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. ⁹The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. Philippians 4:8-9

1. The word “Meditate”

a) This word is where the English word “logic” is derived

b) What Meditation is not:

i) It is not random thinking

ii) It is not rambling thinking either

c) What Meditation involves:

i) Logical thinking

ii) It has a beginning

iii) It follows a line of thought

iv) It has a conclusion

2. Suggestions as to the things one should meditate on:

They should have the following characteristics:

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MEDITATION

(Continued from page 2)

- a) True
- b) Noble
- c) Just
- d) Pure
- e) Lovely
- f) Good report
- g) Virtuous
- h) Praiseworthy

FOLLOW UP ON MEDITATION

Meditation is not an end in itself. Paul urged his readers to consider the following:

1. Learn well
 - a) Receiving
 - b) Hearing
 - c) Seeing

2. Practise the things learned
 - a) Theory must be followed by practice
 - b) Practice must be, of course, consistent

God Himself would be with the person who does these things!

ANNOUNCEMENTS

WELCOME TO BETHANY

A warm welcome to all, albeit, On-line!
May the Lord bless our time of worship!



COVID-19 PANDEMIC

1. Phase 2 (Heightened Alert)

a) Let us Watch and Pray

b) Let us exercise due diligence and observe all medical advisories

2. Our Response:

Ministry as a Church

Direct Broadcast of our Worship Services:

a) Saturday, 5 June 2021

Youth Worship

Time: 3.00pm

b) Sunday, 6 June 2021

Morning Worship

Time: 10.00am



CONGRATULATIONS

Heartfelt congratulations to Dao Hong and Olivia on the occasion of their wedding on 29 May 2021. May the Lord bless richly!



WORSHIP IN SPIRIT AND TRUTH

Psalm 119:59-60

⁵⁹ I thought about my ways,
And turned my feet to Your testimonies.

⁶⁰ I made haste, and did not delay
To keep Your commandments.

1. Our human ways

- a) They are limited
- b) They are to be thought over

2. God's ways

- a) They are revealed in His "testimonies"
- b) It is wise to turn our feet to walk in His ways

3. Decisions that we make

- a) It is wise to decide swiftly to walk in God's ways
- b) There must be haste and no delay in such decisions

BIBLE MEMORY WORK

TODAY: 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.*

1. Night watches

- a) Soldiers would be familiar with this term
 - i) Sentry duty
 - ii) Keeping watch is important
- b) Those unable to sleep would understand this idiom
 - i) One fights insomnia
 - ii) The night is like “a night watch”

2. Two things worthwhile practising

- a) Remembering God
- b) Meditating on the Lord

NEXT SUNDAY: 6 June 2021

Text: Psalm 77:6 I meditate within my heart
*I call to remembrance my song in the night;
I meditate within my heart,
And my spirit makes diligent search.*

POETRY CORNER

1

MEDITATE ON THESE THINGS

Meditation involves the mind significantly;
The mind must learn to think logically.
God has given many wonderful teachings;
These deserve much clear and deep thinking.

There must be wisdom exercised as we learn;
There are guidelines that are already given.
These characteristic features help us to process,
The good things that will help us make progress.

The doctrines God has given require thought;
But these deep truths are not easily caught.
Meditation will yield the desired results;
The Lord's word we must constantly consult.

The peace of God will come when pray;
The God of peace will with us stay.
He will confirm with His gracious blessings;
The practice of Meditation is a good thing.

Charles Tan
Philippians 4:8-9

POETRY CORNER

2

The Power of God's Word

Autumn is when the awesome colors of nature's foliage are rife;
Yet decline is implied when it is used as personification of life.
When almost any and everything had diaued his interest before:
The old man takes no pleasure in those very same things any more.

And who can blame him for feeling discouraged and forlorn?
When his enemies assid while the faithful among them are gone?!

The good of our Creator in days of our youth we seemed to have long forgotten:
Since the strife of life continually besiege us and we are beaten.

But we can take comfort in the power of the Word of God;
We can count on God to heed us when we call out, "Help, Lord!"
When we meditate on the Word of God and ponder its lessons:
Our fears will be dispelled and our souls receive much needed assurance.

For the power of God's word will convict, enlighten, and make us wise;
It will rejoice the heart and cause a reverent fear of the Lord to arise.
Prayerful meditation will further build our trust and cause us to be bold;
We will realize the Word of God is much preferred to any silver or gold.

Dr. Sng Li Wah
Inspiration: Ecclesiastes 12:1:
Psalms 12:1-4; 19:7-11

POETRY CORNER

3

The Glory of His Word

(Inspiration: Psalm 19, Hebrews 4:12)

The glory of God is reflected in all His creations;
Consider the sunrise signalling a fresh start of a new day;
As the earth turns the glowing sun slowly sinks beyond the horizon;
They testify to the works of the Lord in a spectacular way.

Through His Word the Lord reveals Himself more intimately to us;
The gospel is a display of His love and redeeming grace;
Reading and studying His Word restore and revive our souls;
We can be cleansed of our sins and seek better lives to embrace.

Therefore, choose to meditate on His Word for it is alive;
May we live it for His Word is pure, true and enduring!
It enlightens our eyes, makes us wise so we can thrive;
More to be desired than gold, so why are we procrastinating.

Make God's Word our first thought and last thought of the day;
By cultivating this discipline through practice religiously;
It will soon in our daily routine weigh;
What joy to look forward to be in His company daily!

Jessie Quek

(Inspiration: Psalm 19, Hebrews 4:12)

POETRY CORNER

4

THE WORD OF GOD

The problems in life can be multi-faceted,
We may feel at a loss and be deeply affected.
But we must learn to devote time for meditation,
To search the Scriptures in quiet contemplation.

The Word of God is powerful and living,
It reveals sins within and is life-changing.
His Word enlightens for it is pure and holy,
It gives perspectives that are right and godly.

We can face problems better with the Word of God,
Careful reading helps us find wisdom from the Lord.
When we see how His Word is truly righteous,
The heart is uplifted and it is no longer anxious!

The Word of God is more precious than fine gold,
It keeps us amidst problems and makes us whole.
Truly, God's Word is perfect and has no flaw,
Oh, what a great blessing it is to keep His Law!

Yvette Seow

Inspiration: Psalm 12:6 and 19:7-11

ORDER OF WORSHIP



CALL TO WORSHIP

Rev. Dr. Charles Tan

INVOCATION

MESSAGE

“I meditate on You in the night watches”

Text: Psalm 63

BENEDICTION

