

# BETHANY

INDEPENDENT-  
PRESBYTERIAN  
CHURCH

*God's Kind of Church...*

*Where God is touching lives...*

*And people care for people.*

*Bethany IV ... 13 June 2021*

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## MEDITATION

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REV DR CHARLES TAN

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Texts: 1 Timothy 3:14-16; Philippians 4:8-9

## “MEDITATE ON THESE THINGS”

### DIFFERENT WORDS EMPLOYED

The word translated “meditate” is not taken from a standard word.

1. Meditate on these things Philippians 4:9
  - a) The challenge here is to “think” (Gr. Logizomai)

*(Continued on page 2)*

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# MEDITATION

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*(Continued from page 1)*

b) The Context of Philippians 4:8-9

i) Paul made a list of virtues

ii) These things ought to be thought through

iii) The word used was "Meditate"

2. Meditate on these things 1 Timothy 4:15

a) A totally different word was used (Gr. Melata-o)

b) The Context here is different from Philippians 4:8-9

c) This was advice given to Timothy, who was a pastor

d) The word given was to "Meditate"

e) The context in which this word was given to Timothy:

i) To cultivate pastoral gifts

ii) To fulfil pastoral duties

iii) To grow further spiritually

f) The word "meditate" here in this context

i) To think

ii) To cultivate

iii) To put into practice

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# MEDITATION

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*(Continued from page 2)*

## MEDITATION

It is not a fixed idea. There are many nuances to consider.

### 1. Engaging the Mind

a) It must be engaged

b) It must seek to understand the things we are encouraged to dwell on

### 2. Cultivating the things dwelt upon

a) It is only logical to follow through

b) Thoughts become concepts

c) Concepts are to become concrete in the process of time

Let us learn to cultivate Biblical Meditation till it becomes a part of our normal life! May the Lord grant us much grace and His blessings!

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*Write to me at:* [charlestan@bethanyipc.sg](mailto:charlestan@bethanyipc.sg)

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# ANNOUNCEMENTS

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## WELCOME TO BETHANY

We are glad that you have chosen to worship the Lord Jesus "online!"  
May the Worship of the Lord be meaningful to you!



## **NEXT SUNDAY, 20 JUNE 2021**

1. We celebrate Father's Day next week
2. Phase 2 (Heightened Alert)  
Phase 2 (Heightened Alert) has ended today. However, if we are to have more than 50 worshippers, all attendees would have to do a Pre-Event Testing.  
We will continue with On-Line Worship next Sunday!



## **MISSIONS MINISTRY: KENYA**

1. Pastor Benson  
He is an ordained pastor, serving the Lord in a rural area in Kenya
2. He has been the pastor of Victory Church  
(Located in a place called Embu)  
  
"From Embu to Nairobi is almost 150 Kilometers. There are local vans that carry passengers from Embu to Manyatta Market which is about 20Km away. Then from Manyatta to Mbukori Village is about 10 Km. Mostly we walk because no public vans operate here." (Pastor Benson)
3. We have been helping to support the church ministry over several years

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# ANNOUNCEMENTS

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4. The ministry has grown significantly

- a) More than 100 adults attend Church regularly
- b) More than 100 young people attend church too

5. Session's Decision

- a) We will help Pastor Benson to build a proper Church Building
- b) The proposed church building will be able to accommodate all their worshippers

6. An Invitation to all at Bethany

- a) To pray for this Building Project
- b) To give towards this project

Amidst all the challenges of Covid 19, thank God for grace and strength to attempt further advancement for the Lord's kingdom.



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# ESPECIALLY FOR SENIORS

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## A PRAYER OF MOSES THE MAN OF GOD.

*Lord, You have been our dwelling place in all generations.*

*Psalm 90:1*

Wonderful Thoughts to Meditate on in the Evening Years of Life

### 1. A dwelling place

a) A home

This is another way of speaking about "a home"

b) Security

All of us feel a special sense of security when we in our own home

c) Losing a sense of security

It is possible to lose a sense of security in old age

### 2. The LORD as our dwelling place

a) No need to fear death

The Lord Jesus once taught His disciples not to be afraid of death

b) A place for believers

In His Father's House, there are many rooms. He has gone to prepare for us a dwelling place in heaven (John 14:1-6)

### 3. Our dwelling place in all generations

a) Moses' Testimony

"LORD, You have been our dwelling place"

Psalm 90:1

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# ESPECIALLY FOR SENIORS

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b) Generations

Many have expressed this same sense of assurance

c) The Testimony of the Apostle Paul

"We are confident, yes, well-pleased rather to be absent in the body

And to be present with the Lord"      2 Corinthians 5:8

i) Absent in the body

This means "death"

ii) Present with the Lord

We will be with the Lord in heaven!

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# WORSHIP IN SPIRIT AND TRUTH

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## **Psalm 119:63-64**

<sup>63</sup> I am a companion of all who fear You,  
And of those who keep Your precepts.

<sup>64</sup> The earth, O Lord, is full of Your mercy;  
Teach me Your statutes.

### 1. Our Close Friends by Choice

a) Those who fear the LORD

b) Those who keep His precepts (commandments)

### 2. Our Challenge to Learn more about God

a) The earth itself affords us many lessons

b) Lessons of the Lord's mercy may be found easily

### 3. Our Call to the LORD

a) For Him to teach us His word (statutes)

b) We must have a genuine desire to learn



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# BIBLE MEMORY WORK

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## **TODAY: 13 June 2021**

Text: Psalm 119:15 I will meditate on Your precepts

*I will meditate on Your precepts,  
And contemplate Your ways.*

1. Two words were used

a) Meditation and Contemplation

b) These are close synonyms

2. Meditating on God's Precepts

a) Precepts are commands

b) God's word contains many specific commands (Cf. Deuteronomy)

3. Contemplating God's Ways

a) Precepts often outline God's ways for His people

b) The wise thing to do is to contemplate the ways God has outlined

## **NEXT SUNDAY: 20 June 2021**

Text: Psalm 143:5 I muse on the work of Your hands

*I remember the days of old;  
I meditate on all Your works;  
I muse on the work of Your hands.*

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# POETRY CORNER

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# 1

## MEDITATE ON THESE THINGS

Biblical Meditation is a Discipline;  
It challenges the Mind to Think.  
There are deep Biblical truths to ponder;  
The Mind must learn how to stand in wonder.

Biblical Meditation is a Spiritual Art;  
It challenges one to engage the Heart.  
The Heart is the centre of our Emotions;  
Meditation can bring peace in commotion.

Biblical Meditation is a Cultivation;  
Of Truths that require comprehension.  
Ministry can be truly most demanding;  
Meditation enables one to keep serving.

Biblical Meditation was practised by many;  
The Psalmists, the Apostles, the poor and needy.  
All find that when the heart and mind dwell on God;  
They find deep peace and they are in one accord.

Charles Tan  
Philippians 4:8-9; 1 Timothy 4:14-16

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# POETRY CORNER

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# 2

## Remember the Goodness of the Lord

The thoughts of youth serve for dreams to fulfill and days to enliven;  
But as we age, we begin to charily wonder more about Heaven.  
For health challenges will plague even the most resilient;  
Sickness and frailty are an old man's inescapable companions.

Have I to lose sleep and nightly keep my eyes open?  
Am I to lament that God has me and my lot forgotten?  
Surely not! For the myriad events which pepper the course of my life;  
God uses them to teach, enrich and grow me, or perhaps to chastise.

But no matter what circumstance or how we feel jeopardized:  
God offers shelter and refuge in the shadow of His wings if only we realize.  
Try to recollect and remember the loving kindness of the Most High:  
How He has protected and delivered us from distress whenever we had drawn nigh.

May we learn to recall the works of our God of Might,  
And reminisce in the song He has given us in our darkest of nights!  
May we be diligent to meditate on His word and seek His face,  
To strengthen our trust in Him and persevere in our faith!

Dr. Sna Li Wah  
Inspiration: Psalms 77 & 57:1

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# POETRY CORNER

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# 3

## Seek Him for relief from grief

Everyone experiences periods of darkness at some time or other;  
Helplessness and fear gnaw away encountering the reality of the situation;  
Crying to God does not seem to ease the pain while we suffer;  
Where is the Lord when facing despair in isolation?

When God seems to have withdrawn from us, seek Him;  
We may not be able to sense His presence when distress overwhelms;  
Perhaps our coveted desire is not that of response from Elohim;  
Only on hindsight can we see the wisdom of the One at the helm.

Seek Him until we find Him for relief from grief;  
May we be encouraged by meditating on God's goodness in the past!  
Surely, He will deliver the same for the future is our firm belief;  
Upholding us with His right hand as we in our struggles about cast.

Is there any cause to be troubled when God is on our side?  
He is so powerful that the earth trembled and waters parted ways at His command.  
Yet as a shepherd He is caring, tender and gentle as a guide;  
Leading His people weak and wandering towards the promised land.

Jessie Quek  
Inspiration: Psalm 77

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# POETRY CORNER

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# 4

## I WILL REMEMBER . . . I WILL ALSO MEDITATE

When troubles weigh heavily on our soul,  
It is easy for a complaining spirit to grow.  
With doubts about God, we may struggle,  
To apply our faith in Him, we are unable.

We must recall the times when God was there,  
His Word or a song reminds us that He cares.  
His mercies will not cease for He is gracious,  
There is no reason to doubt His promises.

We must seek God more deeply in meditation,  
It is good to dwell on His works for His nation.  
Each work reveals God's power and greatness,  
What He does for His people is truly matchless.

Meditation helps us to be still before God,  
We will see more clearly the way of the Lord.  
Faith is renewed as we discover Him afresh,  
In His presence, the soul is deeply refreshed!

Yvette Seow  
Inspiration: Psalm 77:1-15

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# POETRY CORNER

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# 5

## A Reflection in June

O Dear Lord! What has happened to my month of May?  
A month that was for celebration seems now in disarray!  
Bittersweetness from the memory of a wonderful blessing,  
Yet soaked in sorrow with an empty heart that needs addressing.

Come now June, an opportunity to move on, start anew,  
But stuck in the melancholy of May, not willing to say 'adieu'!  
What must I do? How can I prevent this gloomy entrenchment?  
Clouded in a mist of negativity, blinded by a fog of disenchantment.

A humble prayer, a cry for strength, a challenge to refocus,  
On a God of mercy, His source of comfort, this precise locus.  
And so, in His comfort, the purpose to help a friend in tribulation,  
In His sanctuary, partaking in sufferings but also in consolation.

But what was unexpected was a special cheer, a sincere message,  
A simple utter that lifted the veil over my eyes, a heart encouraged!  
My spirit uplifted, the soul refreshed, a clearer understanding.  
Firmly in June, a renewed appreciation of God's steadfast upholding!

Dr. Tan Kok-Yang  
Inspiration: Psalm 77, 2 Corinthians 1



(Context)

May is not an easy month for me. May is the month of Mother's Day and also the month of Chloe's birthday. It has been 2 Mays since

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## POETRY CORNER

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Chloe left us. Each May has been a time of bittersweetness as we specially remember the goodness of God for bringing Chloe to us, at the same time, an undeniable sorrow that we do not see her physically on her birthday which we usually look forward to so much.

These last 2 Mays have been nothing but hectic at work with new developments of the pandemic. Steering the hospital to provide meaningful surgical services amidst this pandemic, keeping patients and staff safe remains a challenge.

When June came along this year, somehow, I was still stuck in May, still heavily burdened by May. Nonetheless, we pick ourselves up and we soldier on. But what happened last Sunday on the 6<sup>th</sup> of June was to help me find refreshment.

That Sunday, I went for my usual early morning run. I had promised my family Nasi Lemak from Amoy Street for breakfast. It was with this nasi lemak that a day earlier, as I shared with a colleague (remote from each other) that I had used the words in Ecclesiastes to encourage him to see beyond his current work anxieties and centre his priorities with God. Thus, a special nasi lemak.

So, I wanted to share this same nasi lemak with my family on Sunday, but it turned out this stall was closed. I decided to go to Hong Lim Market instead. As I walked in, right in front of me was a nasi lemak run by an elderly couple. We are going to have nasi lemak after all. This elderly couple turned out to be a genuinely nice couple doing a very honest business. They have been running this hawker stall for 40 years and now their 3 kids are older and independent. The old lady lamented about the hawker stall rental, yet was very principled, making sure she charged the right amount and was not willing to accept the change.

After this pleasant encounter, she handed to me my 5 packets of nasi lemak and she gave me a smile and said very sincerely “May you re-

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## POETRY CORNER

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*(Continued from page 15)*

ceive blessings from Jesus Christ!”.

This was totally unexpected.

This was so appropriate as I was about to make my way home to get ready for the morning online Service.

This was special.

I went back and shared this story with my family including my mother and sister. Needless to say, the nasi lemak tasted wonderful.

After the morning service, I took some time to reflect about this morning and meditated a little. In life, it is so easy for us to get caught up by our own sorrows, anxieties and burdens. Just as how I had counselled my colleague, I too have to open my eyes to God’s goodness. A simple utter of a blessing from God over nasi lemak helped those weary lids to open once again. Open to see how God upholds me by His right hand, open to see Him as my sanctuary.

Kok Yang.



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# ORDER OF WORSHIP

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## **CALL TO WORSHIP**

Rev. Dr. Charles Tan

## **INVOCATION**

## **MESSAGE**

“Your servant meditates on Your statutes”

Text: Psalm 119:1-32

## **BENEDICTION**

