



NEW LIFE

BIBLE-PRESBYTERIAN CHURCH

44 Salusbury Road, London NW6 6NN

Charity No. 1060655

Tel: 020 7328 0869 (Manse)

Email: newlifeplondon@yahoo.co.uk

Website: www.newlifebpc.org.uk

"For the Word of God and for the testimony of Jesus Christ" (Rev 1:9)

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MEDITATIONS ON THE FRUIT OF THE SPIRIT

"But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law." (Galatians 5:22-23)

The apostle Paul wrote to the Romans about the ministry of the Holy Spirit in us. Those who are born again have the Holy Spirit. *"For as many as are led by the Spirit of God, they are the sons of God."* (Rom. 8:14) *"But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his."* (Rom. 8:9) To the Ephesians, he wrote: *"In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise, which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory."* (Eph. 1:13-14) In summary, we have the Holy Spirit in us and therefore we are to bear the fruit of the Spirit according to Galatians 5:22-23.

Love: The most significant manifestation of the characters of the Holy Spirit is agape love. This is the sacrificial love that caused the Son of God to humble Himself and give up heaven's glory to live amongst sinful people and eventually to die on the cruel cross for their sins. Every born again child of God must show this intense desire to please God and to do that which is good unto mankind. We love because God first loved us. Christ is this Love and we are to love as He enables us to. This agape love also energises faith in daily Christian living (Gal. 5:6). The apostle John says, *"If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?"* (1 Jn. 4:20) If we love God, we need to love one another in the Lord as He has commanded in John 13:34-35.

Joy: The joy of the Lord is our strength (Neh. 8:10). This is a wonderful exuberance that comes from a genuine experience with God. We can tap on the joy of the Lord constantly and readily. *"Glory and honour are in his presence; strength and gladness are in his place."* (1 Chron. 16:27). As we learn to wait upon the Lord and enjoy daily quiet time, He increases our joy and strength. This is the exultation that arises from a sense of God's mercy communicated to the soul in the pardon of its sins and the prospect of eternal glory in heaven. This joy brings manifold blessings each day, and enables us to be a good witness of His saving grace.

Peace: The apostle Paul describes the peace of God this way: *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."* (Phil. 4:6-7) This is a much needed virtue that demonstrates the calm, quiet, and order, which take place in the justified soul, instead of the doubts, fears, alarms, and dreadful forebodings in an unforgiven spirit. Thus, the apostle Paul declares: *"Therefore, being justified by faith, we have peace with God through our Lord Jesus Christ."* (Rom. 5:1) Jesus offers us His everlasting peace, peace which the world can never offer.

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Yet, He also warned us about tribulation on earth. He comforted us by saying, *"But be of good cheer; I have overcome the world."* (Jn. 16:33) *"And let the peace of God rule in your hearts ..."* (Col.3:15)

Longsuffering: It would seem that love, joy and peace are the foundational qualities so necessary for every child of God. Out of these we can manifest a longsuffering character. Longsuffering is the ability to bear with the frailties and provocations of others, from the consideration that God has borne long with ours and that, if He had not, we would have perished! Through longsuffering, God also enables us to bear up with troubles and difficulties of life without murmuring or repining, submitting cheerfully to every dispensation of God's providence, and thus deriving benefit from every occurrence. The Lord is the best example of longsuffering – *"Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed himself to him that judgeth righteously."* (1 Pet. 2:23)

Gentleness: This is a very rare grace, often wanting in many who have a considerable share of Christian excellence. God is willing that we remain gentle to our adversaries and continue to learn to wait upon the Lord for His vindication. Once again, the Lord is the best example of One who possesses gentleness. Paul wrote to the Corinthians: *"Now I Paul myself beseech you by the meekness and gentleness of Christ, who in presence am base among you, but being absent am bold toward you."* (2 Cor. 10:1) David's psalm also testified: *"Thou hast also given me the shield of thy salvation: and thy right hand hath holden me up, and thy gentleness hath made me great."* (Ps. 18:35) Those that will be great, let them learn to be gentle amongst all things.

Goodness: This is the perpetual desire and sincere study, not only to abstain from every appearance of evil, but to do good to the bodies and souls of men to the utmost of our abilities. But all these must spring from a good heart – a heart purified by the Spirit of God; and then, the tree being made good, the fruit must be good also. Jesus says, *"Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit. Every tree that bringeth not forth good fruit is hewn down, and cast into the fire. Wherefore by their fruits ye shall know them."* (Matt. 7:16-20) Longsuffering, gentleness and goodness are the next three virtues that bring out the true effect of being born again in Christ. It is natural for the redeemed to be forbearing and good to others. Let these virtues be in us today!

Faith: Faith is both a quality of the Spirit-filled Christian and also a spiritual gift from God. Faith is the opposite of doubt and betrayal. *"Now faith is the substance of things hoped for, the evidence of things not seen."* (Heb. 11:1) The writer of the Book of Hebrews then enumerated a long list of faith heroes or the Hall of Faith in the rest of Hebrews chapter 11. *"But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him."* (Heb. 11:6) Not only does one need saving faith, we need serving faith as well. *"Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent."* (Jn. 6:29) We need to act on our faith in Christ and work out our salvation faithfully. As a spiritual gift, it enables one to see things through the eyes of faith with an unwavering attitude. What others cannot see, God empowers those who are gifted with faith to see through darkness and the clouds of doubts – always believing that God will and God can – nothing is impossible with God! William Carey says, "Expect great things from God; attempt great things for God."

Meekness: *"(Now the man Moses was very meek, above all the men which were upon the face of the earth.)"* (Num. 12:3) This commentary of Moses' meekness is significant. Was Moses being proud by writing this statement down in Numbers 12:3? Not at all! The very fact that he penned this verse under the inspiration of the Spirit demonstrated his meekness.

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Meekness is mildness, indulgence toward the weak and erring, patient suffering of injuries without feeling a spirit of revenge, an even balance of all tempers and passions, the entire opposite to anger! *"Blessed are the meek: for they shall inherit the earth."* (Matt. 5:5) We are also commanded to follow Jesus' meekness: *"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light."* (Matt. 11:28-30)

Temperance: A close twin to meekness is temperance or self-control. To say that we have self-control is not quite true; rather, it should be Spirit-control. In one practical way, it is to have moderation in eating, drinking, sleeping, and all of life's enjoyments. The meek person will have temperance. In the Apostle Peter's discourse, he wrote: *"And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; And to knowledge temperance; and to temperance patience; and to patience godliness; And to godliness brotherly kindness; and to brotherly kindness charity."* (2 Pet. 1:5-7) The maturing Christian will grow in temperance because temperance brings about patience, godliness, brotherly kindness and love.

Paul instructed Titus to *"put them in mind to be subject to principalities and powers, to obey magistrates, to be ready to every good work, To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men. For we ourselves also were sometimes foolish, disobedient, deceived, serving divers lusts and pleasures, living in malice and envy, hateful, and hating one another."* (Titus 3:1-3) Those who bear the fruit of the Spirit have greater assurance of their own salvation. The inward virtues of a redeemed soul will manifest the outward characteristics as instructed by Paul.

Finally, those who possess these qualities are Spirit-filled – *"against such there is no law"* (Gal 5:23)! According to Adam Clarke's commentary, "those, whose lives are adorned by these virtues, cannot be condemned by any law, for the whole purpose and design of the moral law of God is fulfilled in those who have the Spirit of God, producing in their hearts and lives the preceding fruits", these divine qualities and keeping faith in Christ. May the Gracious Lord bless and help us to live the fruit of the Spirit – *"for the fruit of the Spirit is in all goodness and righteousness and truth"* (Eph. 5:9). Amen.

*Eld Sherman Ong
(adapted from Life B-P Church bulletin dated 24 August 2008)*

Testimony

Beginning this week, we will be including the testimonies of the goodness and faithfulness of God towards His people. We will begin with Rachael Kan. Rachael will be beginning her 2nd year at university, as an exchange student in Beijing, China:

"I think first and foremost I must thank the Lord for this past year at university. As a first year I was so worried about being away from home, finding new friends and settling in to university life and study. But I need not have worried because the Lord was so faithful in sending me a solid group of friends and supporting me financially and emotionally throughout the year. He gave me wonderful opportunities to witness to my new friends and gave me strength and confidence to do so where before there was none. God has blessed me with good exam results which have enabled me to embark on my second year at Beijing Normal University. I had many problems with finances, accommodation and visas and at times it seemed impossible that I would even make it to Beijing. But graciously God opened all the doors and made everything possible. Praise God! And now as I stand on the brink of beginning my year abroad I really thank the Lord for all His goodness to me this year and ask for prayer for safety as I travel and live in Beijing and also that my witness would be strong amongst my numerous non-Christian coursemates."

Love, Rachael

WELCOME TO NEW LIFE B-P CHURCH LONDON
CHURCH THEME: WORK OUT YOUR OWN SALVATION WITH FEAR
AND TREMBLING. (Philippians 2:12)

Our worship services begin promptly at **11.00 am and 4.00 pm.**

Please stay back for Bible Study and fellowship lunch after the morning worship and for tea after the evening service. Do invite your friends to come to Church.

Worship Services			WELCOME
Morning	<i>Today: 14/09/2008</i>	<i>Next Week: 21/09/2008</i>	We extend a warm welcome to all worshippers this Lord's Day. We like to welcome Yi Yu to our morning worship services last Lord's Day.
<i>Chairman:</i>	Pr Mark Chen	Jonathan Kim	
<i>Preacher:</i>	Rev Yeo Seow Phong	Pr Mark Chen	
<i>Message:</i>	Divisions Among You	Three Principles of Growth	
<i>Text:</i>	1 Corinthians 1:1-17	Romans 10:4-11	
<i>Organist:</i>	Joy	Anthony	
Evening			NEWS/ANNOUNCEMENTS
<i>Chairman:</i>	Jonathan Kim	John Poh	<ul style="list-style-type: none"> • Parking Restrictions: Please take note of the extended parking restrictions implemented by Brent Council for the upcoming weeks: Zone "KQ" 2 Sep to 2 Oct (inclusive of Saturdays and Sundays). For those who are driving, please ensure that you are not parking within the restricted area. • Lloyd-Jones Memorial Lecture - tomorrow @ 7:45pm in John Owen Centre: Rev Philip Eveson will be delivering the lecture entitled "The Gospel and Creation – the Significance of a Theology of Creation for Preaching". If you are interested to attend, please inform Pr Mark. • Evening Service – Gospel Messages: For 21 and 28 Sep, the evening messages will have evangelistic themes. Please invite family and friends to attend. • Pray for Journey Mercies: Mok & Carol (Israel – departing for S'pore on Tuesday), Douglas (Ghana), Joey Seow (departing for S'pore on Friday). • Pray for those who are seeking employment: John, Hubert, Hannah
<i>Preacher:</i>	Rev Yeo Seow Phong	Pr Mark Chen	
<i>Message:</i>	Confirming Your Election	Jesus, the Giver of Life	
<i>Text:</i>	2 Peter 1:5-11	John 14:1-6	
<i>Pianist:</i>	Hubert	Joy	
Other Duties			
	<i>Today: 14/09/2008</i>	<i>Next Week: 21/09/2008</i>	
<i>Ushers</i>	Jonathan / Evelyn	Josiah / Sharon	
<i>Sunday Sch:</i>	Hui Min	Hui Min	
<i>Lunch:</i>	Constance	Maureen	
<i>Washing-up:</i>	Volunteers	Volunteers	
<i>Bible Study:</i>	No Bible Study	No Bible Study	
Appointments of the Week			
Fri 19 Sep	7.30pm	Young Adults Fellowship: Led by Pr Mark Chen	
Sat 20 Sep	4.00pm	Prayer Meeting & Bible Study: Led by Pr Mark Chen	
<u>Last Week's Worship Service Collections</u>			
Offering: £413.10		Lunch: £31.72	
<u>Memory Verse</u>			
<i>Last Week (September 08 Wk 1): Psalm 139:19</i>			
Surely thou wilt slay the wicked, O God: depart from me therefore, ye bloody men.			
<i>This Week (September 08 Wk 2): Psalm 139:20</i>			
For they speak against thee wickedly, and thine enemies take thy name in vain.			