



NEW LIFE BIBLE-PRESBYTERIAN CHURCH

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

Vol. 23 No. 02

LORD’S DAY 13 JANUARY 2019

ORDER OF WORSHIP

Morning Service – 11am

Afternoon Service – 3pm

	<i>Morning Service – 11am</i>	<i>Afternoon Service – 3pm</i>
<i>Prelude</i>	<i>The Lord Is in His Holy Temple</i>	
<i>Call to Worship</i>	Psalm 67	Psalm 72:1-8
<i>Opening Hymn *</i>	RHC 5 – “Command Thy Blessing From Above”	RHC 216 – “Jesus Shall Reign”
<i>Opening Prayer *</i>	Jonathan Kim	Jonathan Kim
<i>Gloria Patri *</i>	<i>Glory Be to the Father</i>	---
<i>Responsive Reading</i>	Psalm 140	---
<i>Second Hymn *</i>	<i>Psalm 140 verses 4-7</i> (to the tune of St Anne, RHC 21)	---
<i>Announcements & Memory Verse</i>	Jonathan Kim	Jonathan Kim
<i>Tithes & Offerings & Doxology *</i>	RHC 286 – “O Happy Day!”	---
<i>Scriptural Text</i>	Joshua 9:1-27	Romans 8:28
<i>Pastoral Prayer</i>	Mr Mok Chee Cheong	Mr Mok Chee Cheong
<i>Sermon Message</i>	<i>The Danger of not Watching unto Prayer</i>	<i>All Things Working Together for the Good of the Christians Only</i>
<i>Closing Hymn *</i>	RHC 46 – “A Mighty Fortress Is Our God”	RHC 327 – “All Things Work Out for Good”
<i>Benediction/3-Fold Amen *</i>	Mr Mok Chee Cheong	Mr Mok Chee Cheong
<i>Postlude</i>	<i>The Lord Bless You</i>	---

* Congregation Stands

THE LORD IS IN HIS HOLY TEMPLE

The Lord is in His holy temple,
The Lord is in His holy temple:
Let all the earth keep silence,
Let all the earth keep silence before Him -
Keep silence, keep silence before Him. Amen.

DOXOLOGY

Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heav’nly host;
Praise Father, Son, and Holy Ghost. Amen.

GLORIA PATRI

Glory be to the Father and to the Son and to the Holy Ghost,
As it was in the beginning, is now and ever shall be,
world without end. Amen, Amen.

THE LORD BLESS YOU

The Lord bless you and keep you;
The Lord lift His countenance upon you,
and give you peace, and give you peace;
The Lord make His face to shine upon you,
And be gracious unto you, be gracious,
The Lord be gracious, gracious unto you. Amen.

HOW TO NUMBER YOUR DAYS

Adapted from Life BPC Singapore Weekly, Sunday 30th December 2018

As the present year draws to a close we are reminded once again of the relentless procession of time. Whether we like it or not, we are being carried onward through the years of our life, until we finally reach the end of it. As the years come and go, there comes a day when our time on earth will be no more. Our years will have passed away forever, and we will never ever see them again.

So what should we do? Psalm 90:12 says – *“So teach us to number our days, that we may apply our hearts unto wisdom.”* To number your days is to keep careful watch over your time with the same kind of care and attention that you would give to budgeting and balancing your finances. The more limited your income is, the more you would want to ensure that you are making the best use of it.

‘Numbering our days’ is simply applying that same kind of discipline, but with time instead of money. It means planning your activities carefully and deciding what activities deserve more time and what deserve less. It also means trying to save time whenever possible, so that no hour is ever wasted. We are to *“walk circumspectly, not as fools, but as wise, redeeming the time, because the days are evil.”* (Ephesians 5:15,16)

If you do not keep careful track of where your time is spent, you will find it difficult to accomplish everything that you need to do. The problem is often not a lack of time, but poor time management. Let us now consider how we can number our days.

Three Presuppositions

1. Glorifying God should always be your purpose in spending any time you have. 1 Corinthians 6:20 – *“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”* 1 Corinthians 10:31 – *“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”*
2. God has allotted all the time that is necessary for you to fulfill all that He expects you to do. Psalm 31:15 – *“My times are in Thy hand ...”* We see this principle at work in the life of our Lord Jesus Christ when He was on earth. Within the three years of ministry He had, He fulfilled everything that He came to do - to preach the kingdom of God, train the twelve disciples and to make atonement for sin by His death on the cross. Christ was always concerned about doing the right thing at the right time. For example, early in His ministry when His own half-brothers suggested that He should go to Judea and make Himself known to the world by doing miracles there, He replied, *“My time is not yet come: but your time is alway ready.”* (John 7:6) Train your mind to think like that there will always be sufficient time for you to do all that you have to do.
3. If the 24 hours of each day or the 168 hours of each week seem to be inadequate for you, this may be due to one of two causes:
 - (a) You have missed the will of God for your life, and hence you are doing some things He never intended you to do (cf. Luke 10:38-42), or
 - (b) You are doing things inefficiently, not the way that God wants you to do them (cf. Exodus 18:13-27).

Four Practical Steps

1. Set Your Priorities

All your activities can be categorized either as Basic responsibilities or as Extra activities.

Basic Responsibilities

These are absolutely necessary, and must be cared for, in this order:

(a) Fellowship with God: This is the greatest priority of all, because it is the ultimate basis of life, and the reason for our creation and redemption. It is the essence not only of time but of eternity (cf. Matthew 6:33; Colossians 3:1,2). In this responsibility there is personal fellowship with God in your daily Quiet time, family worship, and fellowship with other members of God's family.

Martin Luther considered the priority of devotion to God the most important element in his daily routine. He believed that if he did not place it first in the day nor spend a sufficient amount of time on it, the rest of his day would be disrupted. How ironic that so many of us hesitate to spend even 15 minutes with the Lord, fearing that we would have too little time for anything else, never realizing that the success of our day depends on our Quiet time.

(b) Maintenance of physical life: If a person does not have physical life, he cannot do anything else. It is essential to take care of the physical by having sufficient meals, exercise and rest. (cf. I Corinthians 6:19)

(c) Duty toward your Family: (cf. 1 Timothy 5:8) This applies not only to those who work and have family commitments, but also for children – when parents assign them duties to help out in the home.

(d) Responsibilities in your place of work or study: Contrary to what many people think, these come after all of the above. If you are a worker, you need to fulfill your obligations to your employer (cf. Colossians 3:22). If you are a student, you ought to put in good effort in your studies, not so much for good grades or to get into a prestigious institution of higher learning, but to get yourself fully equipped with the knowledge you need to fulfill your God-given vocation in life.

The rest of the activities are to be considered as...

Extra Activities

These are things that you should make time for only when they do not prevent you from fulfilling your basic responsibilities. They include the following:

(a) Additional Church Commitments: If you are requested to take on more commitments in church beside your basic commitments of worship, prayer, personal Bible study, fellowship and witnessing, ensure that you count the cost first (Luke 14:28-30). You need to manage your time carefully if you are given responsibilities in church that require constant heavy time commitment, e.g. editing a monthly newsletter, or teaching a weekly Bible class. Do not jump into a ministry that you know you cannot do well with a good conscience toward God.

(b) Additional Work or School Activities: For example, going for further training or studies to improve your job skills. Include these in your schedule only if they fit. Next in priority are the extras that you may plan for your friends and loved ones, like birthdays, anniversaries, and weddings. These can mean so much in maintaining good personal relationships.

(c) Personal Recreation: This includes games and hobbies. Choose only those that will be beneficial for improving your mental, social, emotional and physical well-being.

2. Examine for Inefficiency

After all your activities have been arranged in order of priority, examine them for inefficiency. For example, it is more efficient to settle some administrative transactions on-line than to spend much time waiting in a queue. And if you have no choice but to wait in a long queue, use that time to catch up with some profitable reading or thinking.

To be efficient, look for the best and fastest way to accomplish your tasks. For example, spending some time to tidy and organise your environment will eliminate hours spent looking for misplaced items.

If you have examined each activity for maximum efficiency, but you find that your time is still inadequate, then proceed to the next step.

3. Start at the Bottom and Cut

Do not cut back on the time that is allotted for Basic responsibilities, but on the time allotted for the Extra activities (as listed above). Learn to say “NO” to unimportant time-consuming activities without feeling guilty. The hardest person to say ‘no’ to may be yourself. Many find themselves with too little time because they give in too easily to indulging themselves with extras.

If you believe that God has planned your life and that He has provided all the time that is needed to fulfill your responsibilities then you must be prepared to obey Him in refusing those activities that are not of Him, and working more efficiently in those which are of Him.

4. Implement Time Management Day by Day

Implementing these priorities and principles in your daily life requires some skill, because most people can only concentrate and give undivided attention to one thing at a time. And so you need to make appropriate adjustments to the way you spend your time, according to the changing needs.

For example, if you are a student and your exams are coming very close, then you would need to apportion less time to other things in order to give more time to studying. And when exams are over, you can then apportion more time for other needful things.

This skill can be acquired with experience. It is like preparing a meal which includes a few dishes. First you turn your attention to getting the ingredients, thawing the meat, and cutting the vegetables. Then you get the rice washed. After that you turn your attention to preparing one dish, and while that is being cooked in the oven, you prepare something else. At the right time you turn on the rice cooker, etc.

If you do not want to lose track of all your many responsibilities and tasks, keep a “To Do” list handy at all times. Write everything you need to do in it, and look forward to deleting tasks when they are completed.

Starting well is not good enough. You need to maintain the application of these four steps in a disciplined manner in order to make the best use of your time. How can you maintain this? By reminding yourself that your time is limited and that you must use it wisely. The year 2019 will be here soon and with it, another 365 days of time for you to use. How will you use it? *“So teach us to number our days, that we may apply our hearts unto wisdom.”*

– Rev Charles Seet

WELCOME TO NEW LIFE B-P CHURCH LONDON

Our worship services begin promptly at **11.00 am** and **3.00 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.

APPOINTMENTS FOR THE WEEK		WELCOME
Sat 19th Jan, 3pm	Bible Study & Prayer Meeting	We extend a warm welcome to all worshippers this Lord's Day. We do hope that you have a blessed time of worship on this day.
<i>Next Lord's Day</i>	<i>Morning Service</i> <i>Evening Service</i>	LORD'S DAY DUTIES
Preacher	Mr. Mok Chee Cheong Mr. Mok Chee Cheong	<u>TODAY: 13/01/2019</u>
Message	TBC TBC	Chairman: Jonathan
Text	TBC TBC	Organist: Anthony
NEWS/ANNOUNCEMENTS		Pianist: Anthony
<ul style="list-style-type: none"> • Sunday School: Sunday School for young children and toddlers will be held at 1:45pm. Please invite friends and family to attend. • Church Pulpit Ministry: Pray for the Pulpit Ministry and for the calling of a new minister. • Pray for the forthcoming preachers: Jan – Mr Mok Chee Cheong. • Ladies Fellowship: This will be held after lunch next Lord's Day. 		Ushers: Tom / John
		Lunch: Maureen
		Washing Up: Volunteers
		PA Crew: Venise / Jason
		<u>NEXT WEEK: 20/01/2019</u>
<p>Worship Service Collections - Last Sunday: £563.38, Lunch: £39.20, Book Sale: £2</p> <p>Attendance - Morning: 33 (A) 5 (C), Afternoon: 15 (A) 5 (C)</p>		Church Maintenance Fund Total: £4,630.50

SHORTER CATECHISM QUESTION 47

Q: What is forbidden in the First Commandment?

A: The First Commandment forbiddeth the denying, or not worshipping and glorifying the true God, as God, and our God; and the giving of that worship and glory to any other which is due to him alone.

Comments:

The First Commandment forbids us: 1. To deny God, which is *atheism*; 2. To worship any other God, which is *idolatry*; 3. To glorify any other God, which is *profanity*.

Scriptural Reference:

Psalm 14:1, Matthew 4:10, Romans 1:25

MEMORY VERSE

	This Week	Next Week
<p>Last Week</p> <p><i>“He that believeth and is baptized shall be saved; but he that believeth not shall be damned.”</i></p> <p>Mark 16:16</p>	<p><i>“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.”</i></p> <p>John 16:33</p>	<p><i>“Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:</i></p> <p><i>Casting all your care upon him; for he careth for you.”</i></p> <p>1 Peter 5:6-7</p>