

20 AUGUST
2017

LAP BULLETIN

Church of Christ 20 Lim Ah Pin Road Singapore 547839 Tel 6286 5605
www.lapcoc.org limahpincoc@gmail.com www.facebook.com/lapchurchofchrist

Worship Schedule

SUNDAY

9.30 am
Worship
(English)

11.15am
Bible Class
(English)

3.45pm
Bible Class
(Mandarin)

5.00pm
Worship
(Mandarin)

7.00pm
Worship
(English)

THURSDAY

7.45pm
Bible Class
(English/Mandarin)

.....

Elders
Bro Jimmy Lau
Bro Lee Tian Seng

Deacons
Bro Henry Leow
Bro Jerry Cheong

Preachers
Bro Alvin Lin
Bro Ernest Lau

Administrator
Sis Goh Ser Ern

LADIES FELLOWSHIP

Homemade Waffles

26 AUG, SAT

2:30PM - 5:00PM

SIS KIM TIAN'S HOME
BLK 546 PASIR RIS ST 51
#10-19 S(510546)

High Tea
(waffles, cakes, bread, coffee & tea)

Sharings by

sis Jacqueline - "Worklife balance between church, family & work"
sis Kia Sang - "Tips on retirement & balance between church n family."



FATHERHOOD

MEN'S FELLOWSHIP

26 AUG, SAT | 3PM | LAPCOC





Sermon outline

ENCOURAGEMENT

Sermon outline by bro Alvin Lin

Text: Act 4:36

I. ENCOURAGEMENT BY EXAMPLE IN GIVING.

- A. When the saints in Jerusalem had need, the brethren sold their possessions, lands, and houses to provide for them (Act 4:34-35).
- B. Sometimes we think that it is the sole responsibility of the older brethren to take care of members in need, but Barnabas took it upon himself to take care of the needy saints in Jerusalem (Act 4:36-37).
- C. Are there members that we could have prevented from falling away if only we had encouraged them in giving of our time, energy, or money when they are facing physical challenges (Heb 12:12)?

II. ENCOURAGEMENT BY EXTENSION OF FELLOWSHIP.

- A. When Saul became a Christian, the disciples in Jerusalem were all afraid of him and doubted that he was a genuine convert (Act 9:26).
- B. Sometimes we think that it is the sole responsibility of the elders to welcome visiting brethren and new converts, but Barnabas took it upon himself to welcome Saul (Act 9:27).

- C. Are there members that we could have prevented from falling away if only we had encouraged them in extending our hand of fellowship to them when they are new in the faith (1Pe 4:9)?

III. ENCOURAGEMENT BY EXHORTATION FROM GOD'S WORD.

- A. When the Grecians in Antioch obeyed the Gospel, the church in Jerusalem sent Barnabas to exhort and encourage them (Act 11:20-22).
- B. Sometimes we think that it is the sole responsibility of the preachers to strengthen the congregation through preaching and teaching, but Barnabas took it upon himself to strengthen the church in Antioch (Act 11:23-24).
- C. Are there members that we could have prevented from falling away if only we had encouraged them in exhorting them from God's Word when they are discouraged in their faith (Rom 15:1-2)?

IV. ENCOURAGEMENT BY EXERCISING FORGIVENESS.

- A. When Paul suggested to Barnabas to follow up on the churches that were established in their earlier missionary journey, Barnabas was determined to bring along John Mark but Paul was adamant not to take him with them, and their contention resulted in separate missionary journeys (Act 15:36-39).
- B. Sometimes we write off a person when he makes a mistake, but Barnabas took it upon himself to mentor John Mark and give him a 2nd chance (2Ti 4:11).
- C. Are there members that we could have prevented from falling away if only we had encouraged them in exercising forgiveness when they have done wrong (Gal 6:1-2)?



What does the Bible say about suicide?

by Sis Constance Lau

According to the 2016 Report on Registration of Births and Deaths, the number of suicides in Singapore has increased since the previous year. There were cases of young students committing suicide due to "poorer than expected" exam grades. Even some famous celebrities, whom we expect to be rich and happy, have decided to end their own lives abruptly. Not long ago, Linkin Park frontman Chester Bennington hanged himself in his home in Los Angeles on 20 July 2017. Being an avid Linkin Park fan, I was shaken by this news, and it made me realise that suicide is an important issue that we need to understand and curb it. This is how I was inspired to write this article.

Firstly, we need to understand why people decide to commit suicide. The lyrics of this Linkin Park song 'Heavy' goes like this:

I don't like my mind right now

Stacking up problems that are so unnecessary...

(Chorus)

I'm holding on

Why is everything so heavy?

Holding on

To so much more than I can carry

I keep dragging around what's bringing me down

If I just let go I'd be set free

Holding on

Why is everything so heavy?

Without a doubt, the most common reason is depression, where people may have too much emotional burdens bottled up inside them. It could be due to events happening

around them that caused them to fall into depression, such as the death of a loved one, a heartbreak from a failed relationship, or being overwhelmed by failure in life. Sadly, some choose to set themselves free by ending their own lives in whatever ways possible. They wanted the 'easiest and fastest' way out of their worries and troubles. After all, why suffer so long when they could end it all fast and painlessly?

Now, let us look at what God's word has to say about suicide. While the Bible does not explicitly mention this word, we can draw some lessons from biblical examples or by cross-referencing important verses mentioned in the Bible.

One famous case of suicide mentioned in the bible is that of Judas Iscariot, who hanged himself out of remorse for betraying the Lord Jesus Christ (Matt 27:3-5). I once asked my 'bible guru' dad whether suicide was a sin and whether Judas Iscariot was not saved due to hanging himself. He answered that suicide is considered self murder, and "No lah, how can Judas Iscariot be saved?" As we know, murder is a sin and God will punish those who murder (Rev 21:8). Everyone of us was created by God and are precious in His sight, so why kill such a precious one as yourself? Our bodies are precious, a holy temple in God's sight (1 Cor 6:19; Eph 2:10; Col 1:16). Therefore, God does not wish that anyone should perish, and even committing suicide is considered self murder, and murderers will be punished with hell fire.

As mentioned previously, some people fall into depression when faced with tragic events occurring around them that can possibly create suicidal thoughts. When you think about this, what is the first biblical character that comes to mind? It's none other than Job. In Job Chapter 1 and 2, we read of how Job, having much cattle and 10 children, lost everything he possessed in 1 day, including all his children. He even fell very sick with boils all over his body. Remember what Job's wife asked him to do? "Curse God and die." That would have been the same as telling Job: " Why did God allow you to suffer? You might as well be as good as dead." Ladies, especially to those who are married, don't ever follow this mentality of Job's wife even when faced with trouble and despair.

Was Job fazed with what his wife said? Look at what Job replied: "Thou speakest as one of the foolish women speaketh. What? Shall we receive good at the hand of God, and shall we not receive evil?" (Job 2:10). Job recognised that we cannot have good without evil, and held fast to his faith in God. Likewise, we ought to have faith like Job who trusted in God and never blamed God for the bad things that happened to him. He did not rashly commit suicide like Judas Iscariot did. Don't be like Job's wife but be like Job.

When faced with trials and sufferings in our life that threaten to make us fall into depression and suicidal thoughts, we can take comfort in the scriptures that God has given to us. Here are some comforting and familiar verses you might know:

- Psalms 23:1 - The Lord is my shepherd; I shall not want.
- Psalms 115:11 - Ye that fear the Lord, trust in the Lord: he is their help and their shield.
- Proverbs 3:5-6 - Trust in the Lord with all thine heart, and lean not unto thine own understanding. In all thy ways acknowledge him, and He shall direct thy paths.
- Matthew 6:28-30 - Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, *shall he not much more clothe you, O ye of little faith?*

(this verse helps us consider that God will definitely take care of us, so we should never think that God does not care about us)

- Matthew 11:28 - Come unto me, all ye that labour and are heavy laden, and I will give you rest.
- James 5:13a - Is any among you afflicted? let him pray.

Suicide does not solve problems and should never be our solution. Just because a boy broke your heart doesn't mean it's the end of the world. Think of the loved ones that you would be hurting for the rest of their lives. How selfish of you not to consider their feelings! I feel pity for Chester's now widowed wife and their children. Oh the pain they must feel to lose a husband and father. Do not let suicidal thoughts consume you and eat you up from the inside. Every one of us is a precious child of God. Let us take comfort in God's words that He will take care of us in times of despair. Have faith like Job that God will deliver us and find a way out of our troubles. If you are or you know of someone who is suicidal or has suicidal thoughts, please seek help immediately and talk it out with close family members and friends, and most importantly, pray fervently to God for deliverance.



Health

(Please pray for smooth recovery)

1. **Bro Ivan's** recovery from his operation to remove his cancer cells.
2. **Sis Sydney's** eye infection

Away (Please pray for safety)

1. **Bro Ernest** is preaching at Lavender COC this morning.
2. **Sis Kia Sang & sis Eunice** in Melbourne, Australia till today.
3. **Bro Joel Lee & sis Grace** in London & Iceland till today.
4. **Bro Jonathan, sis Joan, bro Justin & sis Bernice** in Canada till today.

Guests Last Week

1. Sis Deborah Tan (*Tai Peng COC, Malaysia*)
2. Bro Paul & sis Ivy
(*family members of sis Baby*)
3. Robert Chong, Betty & Suan Teng
(*family members of sis Suan Kiang*)
4. Leonard Chia (*sis Peiyi's husband*)
5. Kenny Kee (*sis Debbie's husband*)
6. Bernie Chia (*sis Rhui Yin's husband*)
7. Gavin Cheah (*bro Reuben's friend*)
8. Thomas (*bro Benedict's friend*)
9. Neville Ng (*sis Farah's friend*)
10. Shalen Manuel (*sis Seow Hui's helper*)
11. Jasmine Cayumba (*Shalen's friend*)
12. Ooi Yu Han
13. Sundarrajan Purushotanman (John)



Seniors' Fellowship Outing
Welcome all seniors and volunteers* to join in the fun!
Due to limited slots for transportation, do remember to sign up early!
Registration deadline: 28th August 2017

Venue: Bollywood Veggies Farm
Date : 9th Sept 2017 (Saturday)
Time: 0900H# – 1230 H

*Note: Volunteers to cover for their own expenses.
#Bus will depart LAPCOC at 0900H exactly.

**IT'S IN
YOUR BLOOD
TO SAVE LIVES.**

You can give life, by giving blood.
All it takes is just 60 minutes of your time today, to save lives tomorrow.

Blood Donation Drive
Organised by Jurong Church of Christ

Date : 9 September 2017, Saturday
Time : 11.00am – 5.00pm
Venue: Jurong Church of Christ,
Auditorium, Level 2
120 Boon Lay Drive
Singapore 649924

You can register your interest at:
bit.ly/bdd2017

10 Sept 2017, Sunday
Youth Fellowship
Time: 1.30pm – 3pm
Venue: LAP Church Building
Please ask bro Benjamin Kwan for more details.

16 Sept 2017, Saturday
Combined Youth Fellowship
(with Jurong COC and Lavender COC)
Time: 9am – 12nn
More details will be announced soon.

24 Sept 2017, Sunday
Evangelism Sunday
Time: 9.30am
Venue: LAP Church building
Topic: I Never Knew You
Speaker: bro Ernest Lau
***Please invite your family &
friends to hear the good news.***



Thursday Bible Class

How Christians Handle Church Problems

by bro Isaac Chua

Birthday of the week

22 Aug (Tue) -

Veronica

23 Aug (Wed) -

Jasmine Yong

25 Aug (Fri) -

Belinda



Please send any news & prayer requests to limahpincoc@gmail.com

PRAYER REQUESTS

Overseas:

- **Sis Shuan Kwee** in Hong Kong for work
- **Sis Joann** in Perth, Australia, for studies
- **Bro Jong Wah & sis Nancy** in Perth, Australia
- **Bro Long Jun** in China
- **Sis Swee Inn** in Canada

Health

- **Sis Baby's & Auntie Yeoh's** health
- **Sis Suan Kiang's, sis Linda's, sis Peiyi's & bro Ivan's** health
- **Bro Chee Beng's & sis Susan Ng's mother's** recovery
- **Lisa's (bro David Sum's daughter)** recovery from ACM
- **Bro Roberto's** recovery from his knee surgery

Expectant Mothers

- Sis Siew Siew (Sep), sis Adeline (Oct)

NSF

- Bro Joel Lee, bro Kevin, bro Wei Jie

MEN-TO-SERVE SCHEDULE

Morning Worship @ 9.30am		20 Aug 2017	27 Aug 2017	3 Sep 2017
Song Leader		James Medez	Kevin Lee	Amos Yang
Opening Prayer Leader		Paul Lim	Danny Poo	Timothy Ng
Psalms Text		Psa 37:32-40	Psa 38:1-10	Psa 38:11-20
Preacher		Alvin Lin	Ernest Lau	Jimmy Lau
Lord's Supper Text		Isa 53:4-9	Php 2:5-11	1 Cor 11:23-29
Lord's Supper Servers	<i>Scripture Reader</i>	Wee Hooi Kok	Gideon Quek	Cornelius Lee
	<i>Prayer: Bread</i>	Farand Lim	Jerry Cheong	Lim Poh Teng
	<i>Prayer: Fruit of Vine</i>	Ling Leong Dak	Henry Chee	Ng Chee Beng
	<i>Prayer: Offering</i>	Soo Kok Leong	Alan Poon	Joel Lee
	<i>Assistant</i>	Axel Chee	Melvin Tan	Titus Goh
Announcer		Benjamin Tan	Justin Kwan	Arthur Yap
Greeters		Lee Tian Seng	Alvin Lin	Lee Tian Seng
		Lim Poh Im	Grace Ler	Ludina Carrido
		Shum Chee Ming	Lois Chee	Susan Cheong
Evening Worship @ 7pm				
Song Leader & O.P.		Ernest Lau	Jimmy Lau	Jimmy Lau
Speaker		Henry Leow	Alvin Lin	Joel Lee
Lord's Supper, Giving & C.P.		Lee Tian Seng	Henry Leow	Jerry Cheong
Thursday Midweek Service		24 Aug 2017		31 Aug 2017
Song Leader				Jeshua Lin
Opening Prayer Leader				Low Chong Ping
Closing Prayer Leader				Benjamin Tan