

6 AUGUST
2017

LAP BULLETIN

Church of Christ 20 Lim Ah Pin Road Singapore 547839 Tel 6286 5605
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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)

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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

DO YOU HAVE WHAT IT
TAKES TO SURVIVE THE
PLAGUES OF EGYPT?



JOIN US AT LAPCOC THIS
WEDNESDAY AT 10AM!
BE PREPARED WITH
EXODUS 1-12!



Elder's exhortation

by bro Jimmy Lau

1Ki 19:4 But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.

Depression sets in on Elijah. Up to now, he has been the epitome of spiritual courage. He was bold when he alone challenged the four hundred and fifty prophets of Baal. Then, he was fearless and full of confidence. But now he collapses, runs away, goes into hiding, and even hopes to die.

Elijah's depression alerts us to the fact that being committed to God does not necessarily exempt us from getting seriously depressed. In fact, Christians face an uphill task in trying to be spiritual in an ungodly world. And full time servants of God face even more disappointments and are more likely to go into depression than their fellow brethren. Imagine being the only paid servant of God in the church and a hundred and fifty pairs of eyes are watching you and wondering why you should be paid to teach and preach and they are not.

What are the causes of Elijah's depression?

1. **FATIGUE** – He was physically and emotionally drained. He said: “**It is enough**” (vs 4). It means he had enough of this work; he couldn't take it anymore. The work was taking a toll on him physically and mentally.

Brethren, have a heart. “Lend *a hand to help a brother who is struggling hard and true. Don't forget that in the valley there is someone needing you.*” “**Bear ye one another's burdens, and so fulfil the law of Christ**” (Gal 6:2).

2. WRONG EXPECTATIONS – Elijah said: **“I am not better than my fathers”** (vs 4). He didn’t think it was good enough. He thought it was a failure; the contest at Mt Carmel did not win any souls to God nor did it change the heart of the king. He did not convert anyone to God.

Preachers and teachers, your responsibility is to preach and teach the word of God. How the hearers respond to the gospel message is not your responsibility. **“Nevertheless, if thou warn the wicked of his way to turn from it; if he do not turn from his way, he shall die in his iniquity; but thou hast delivered thy soul”** (Eze 33:9).

3. WRONG FOCUS – Elijah was focusing on himself and not on God. Days ago, he was “plugged in” to God’s strength when he was filled with power and strength. Now, he was “plugged out.” He was relying on his own strength and not in the strength of God.

Brethren, we need to “plug in” to God’s strength. When we focus on God, we are more than conquerors (Rom 8:37). **“I can do all things through Christ which strengtheneth me”** (Phil 4:13).

4. FEAR – Jezebel wanted his life; Elijah ran. He feared for his life. Someone has aptly gave an acronym for FEAR as **“False Expectations Appearing Real.”** Fear causes us to lose hope. Fear causes us to worry unnecessarily. Fear turns to worry and worry turns to depression.

We worry too much when we should have faith in God. **“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”** (Pro 3:5-6).

5. LONELINESS – Elijah even sent his servant away. He was alone by himself. There was no one to encourage him. It was a mistake he made.

When you are depressed, seek help from fellow brethren. The burden is hard to bear; you need someone to encourage you. Taking it alone will make it worse. It is for this reason that God creates companionship: **“It is not good that the man should be alone”** (Gen 2:18). The scripture exhorts: **“And let us consider one another to provoke unto love and to good works”** (Heb 10:24).

How did God help Elijah?

1. REST - God begins by addressing Elijah's most basic and immediate needs—rest and sleep (1 Kgs 19:6). Take a break and rejuvenate the body.

2. REMINDER – God demonstrated His power to Elijah in the forms of a mighty wind, a strong earthquake, and a fire (1 Kgs 19:11-12). Elijah had to get his focus back on God and rely on His strength.

3. REPLACEMENT – God had a succession plan. Elijah was to seek out Elisha to succeed him. We cannot finish the work of God; it can never be finished in any generation. This causes the church leadership to worry and wonder what will happen to the Lord's work when they are gone. But they can train another generation to take over.

Brethren, let us remember our workers and encourage them. Many quit doing God's work because they were disappointed and discouraged. Let us be encouragers and help our brethren. **"Wherefore comfort yourselves together, and edify one another"** (1 Thess 5:11).



The Year of the Lord's Favour

by bro Ernest Lau

Under the Old Testament, the Jews would celebrate the year of Jubilee once every 50 years (Leviticus 25:8-17). At the year of Jubilee, the priests would blow the trumpets announcing a year of blessings, and the proclamation of liberty. During that year, all land was to be returned to the original families. Also, all slaves were allowed to go free. It was truly a time of blessings and liberty.

In Isaiah 61:1-2, Isaiah prophesied that the Lord would anoint someone to proclaim the acceptable year of the Lord (ESV: year of the Lord's favour). Like the year of Jubilee, the acceptable year refers to a time of blessings and of liberty. The

Anointed One would *“preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; To proclaim the acceptable year of the LORD.”* Jesus proclaimed that He was the one who was anointed to fulfil these things (Luke 4:18-21). Jesus was anointed to come and usher in a new year of blessings – not literally just for one year, but a time period – filled with blessings. We are living in the year of the Lord’s favour: the time period where we have access to the blessings afforded by Jesus. Here are 3 blessings that Jesus extends to us:

Good News – *“the LORD hath anointed me to preach good tidings unto the meek”*

For the poor and meek of society, life is difficult. The recent Oxley road saga reminds us of the gap that exists between the aristocrats and the ordinary citizens. In Biblical times, the gap between the higher class and lower class of society was much more prominent, and those in the lower class were stuck in a life of poverty for generations. Even today, there are some of us who continue to struggle in order to make ends meet. However, Jesus brings good news to the poor and oppressed of society. Jesus does not promise a life free from poverty, but He promises a better life. He offers us rest, if we go to Him (Matthew 11:28). He offers us the abundant life – a life that is fulfilling and empowering (John 10:10). Furthermore, Jesus promises the kingdom: *“Blessed be ye poor: for yours is the kingdom of God”* (Luke 6:20). In the kingdom, the poor can have assurance that they have no disadvantage compared to the rich; in fact, it is more difficult for the rich to obtain Jesus’ spiritual blessings (Matthew 19:24). Therefore, Christians are joyful people despite our external circumstances, because of the good news that Jesus brings to us.

Healing – *“he hath sent me to bind up the brokenhearted”*

This life on earth is one that will cause us to have heart breaks. There are many who are broken-hearted because of pain, suffering, loss, and sin. However, Jesus gives us comfort. Jesus does not promise to heal all sicknesses and prevent suffering and death. However, we can have comfort with the knowledge that Jesus understands our suffering, because He experienced everything that we have been through, and more. Hence, we can pray to God with the assurance that Jesus our mediator understands and can intercede on our behalf (Hebrews 4:14-16). Furthermore, we can have comfort because of the hope Jesus gives: the hope that things will work out for the better (Romans 8:28); the hope of a better life after

death (John 11:23). Therefore, although Christians face suffering and loss in this life, we can find comfort through Jesus Christ.

Freedom – “to proclaim liberty to the captives”

During Jesus’ time, many were held captive by the slave trade. However, even today, all men are held prisoners when we sin (John 8:34). We are trapped by the addictive influence of sin; we are trapped by the consequences of sin, which is spiritual death (Romans 6:23). However, Jesus offers liberty. Jesus frees us from the bondage of sin (John 8:34-36), and from the consequences of sin (Romans 6:23). In order to redeem us from sin’s imprisonment, Jesus paid the ultimate price – He died in our place (John 3:16). For us to obtain Jesus’ freedom, we need to obey from the heart the teaching that has been given to us from God (Romans 6:17-18); only the truth can set us free (John 8:31-32). After receiving Christ’s freedom, we must cleave to God, because Jesus freed us, not to serve sin again, but that we may serve God (Romans 6:1-4). Therefore as Christians, even though others may seek to shackle us, especially Satan, we can experience freedom through Jesus Christ.

This life on earth is one that is difficult: it is depressing; it is filled with heartbreaks; even imprisoning. However, Jesus was anointed to proclaim the year of the Lord’s favour, in which we receive good news, healing, and freedom. Let us cleave to the Lord, so that we may obtain the blessings that Jesus extends to us (cf. Acts 11:23; Romans 11:22).



Meeting Reminder

Annual General Meeting

The result of the meeting is pinned on the noticeboard.

Glorification Meeting

Date: 13 August 2017, Sunday

Time: 12.15pm

All men-to-serve on Sundays and Thursdays are requested to attend this meeting.

Away (Please pray for travelling mercies)

1. **Bro. Peter and sis. Pooi Fun** are away with the Kota Kemuning brethren in Malaysia where bro. Peter is teaching and preaching this morning.
2. **Sis Shuan Kwee** will be leaving on 10 August for work to Hong Kong for 3 years. We wish her well in her stay there, and as she serves the Lord with Wahfu COC.
3. **Bro Joel Lee & sis Grace** will be travelling to London from 8 - 20 August.
4. **Sis Sarah** in Tioman till 9 Aug.
5. **Bro Albert** in Moscow till 9 Aug

Guests Last Week

1. Bro Lucas & Zelda Quek
(Jurong COC, Singapore)
2. Bro Tan Tian Huat & sis Suzie
(Lavender COC, Singapore)
3. Bro Paul & sis Ivy
(sis Baby's family members)
4. Leonard Chia (sis Peiyi's husband)
5. Chia Yock Ee (bro Daniel's wife)
6. Shirley Ho (sis Seow Hui's mother)
7. Cely & Karen (sis Ludina's aunt & niece)
8. Jason Lam (sis Sarah's friend)
9. Gavin Cheah (bro Reuben's friend)
10. Jay (bro Benedict's friend)
11. Triston
12. Sundarrajan Purushotanman (John)

Health (Please pray for smooth recovery)

1. By God's grace, **Bro Roberto** had a successful operation on his knee on Tuesday and he has been discharged to recuperate at home. Please continue to pray for his speedy recovery.
2. **Bro Ivan's** condition to undergo the operation on 7 Aug to prevent the spread of cancer cells.
3. **Sis Sydney's** wisdom tooth extraction on 7 Aug at Khoo Teck Puat Hospital.

UPCOMING EVENTS

MARK IN YOUR CALENDAR!

13 August 2017, Sunday

Singing Fellowship

Time: 1.30pm – 3pm

Venue: Church building

All are welcomed to attend. For any questions, please approach Benjamin Kwan.

MEN'S FELLOWSHIP
Fatherhood
26 AUG, SAT | 3PM | LAPCOC

WITH GREAT CHILDREN COMES
GREAT RESPONSIBILITY.



LADIES FELLOWSHIP

Learn how to make "
Homemade Pandan Waffles"

Date: 26 Aug, Sat

Time: 2.30-5pm

Venue: Sis Kim Tian's Home
(Blk 546 Pasir Ris St 51 #10-19
Singapore 510546)





Thursday Bible Class

Guest speaker:

Bro Roger Campbell

Birthday of the week

6 Aug (Sun) – Wai Kheng

8 Aug (Tue) –

Boon Chiew, Poh Im,

Max & Martyn

10 Aug (Thu) – Daryl

12 Aug (Sat) – Ludina



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

PRAYER REQUESTS

Overseas:

- *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 osteoarthritis

Expectant Mothers

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

NSF

- Bro Joel Lee, bro Kevin

MEN-TO-SERVE SCHEDULE

Morning Worship @ 9.30am		6 Aug 2017	13 Aug 2017	20 Aug 2017
Song Leader		Jeremy Kwan	Benjamin Kwan	James Medez
Opening Prayer Leader		Jerry Cheong	Chua Kian Hong	Paul Lim
Psalms Text		Psa 37:11-20	Psa 37:21-31	Psa 37:32-40
Preacher		Ernest Lau	Low Chong Ping	Alvin Lin
Lord's Supper Text		Mar 14:22-25	Matt 26:26-29	Isa 53:4-9
Lord's Supper Servers	<i>Scripture Reader</i>	John Goh	Kenneth Liong	Wee Hooi Kok
	<i>Prayer: Bread</i>	Benjamin Kwan	Justin Kwan	Farand Lim
	<i>Prayer: Fruit of Vine</i>	Danny Poo	Wong Sek Hoong	Ling Leong Dak
	<i>Prayer: Offering</i>	Martyn Gostelow	Amos Yang	David Chua
	<i>Assistant</i>	Shawn Wong	Ng Wei Xiang	Axel Chee
Announcer		Wee Hooi Kok	Ng Chee Beng	Benjamin Tan
Greeters		Alvin Lin	Jimmy Lau	Ernest Lau
		Wang Tingwei	Constance Lau	Grace Ler
		Teo Kim Tian	Wu Wenyu	Lois Chee
Evening Worship @ 7pm				
Song Leader & O.P.		Amos Yang	Alvin Lin	Ernest Lau
Speaker		Benjamin Kwan	Ernest Lau	Henry Leow
Lord's Supper, Giving & C.P.		Henry Leow	Jerry Cheong	Lee Tian Seng
Thursday Midweek Service			10 Aug 2017	17 Aug 2017
Song Leader			Ernest Lau	Andy Lin
Opening Prayer Leader			James Medez	Ong Jun Wei
Closing Prayer Leader			John Goh	Henry Leow