

24 MAY 2020

LAP BULLETIN

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TUNE IN

Facebook LAP Live Stream @ 9.30am

Sermon: Enduring the Test of Faith by bro Ernest Lau

HYMNS FOR TODAY

A FAITHFUL SAYING (PART III): EXERCISE

by bro Ernest Lau

NEWS & UPDATES

WE ARE HERE FOR YOU

Elders

Bro Jimmy Lau
Bro Michael Yeo

Deacons

Bro Jerry Cheong
Bro Benjamin Tan

Preacher

Bro Ernest Lau

Administrator

Sis Ser Ern

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Abide with Me

10 10.10 10

Henry F. Lyte, 1847

EVENTIDE

William H. Monk, 1861

1. A - bide with me: fast falls the e - ven - tide; The dark - ness deep - ens:
 2. Swift to its close ebbs out life's lit - tle day; Earth's joys grow dim, its
 3. I need Thy pres - ence ev - 'ry pass - ing hour: What but Thy grace can
 4. I fear no foe with Thee at hand to bless; Ills have no weight, and
 5. Hold Thou thy cross be - fore my clos - ing eyes; Shine through the gloom, and

Lord, with me a - bide! When oth - er help - ers fail, and com - forts
 glo - ries pass a - way; Change and de - cay in all a - round I
 foil the temp - ter's pow'r? Who like Thy - self my guide and stay can
 tears no bit - ter - ness; Where is death's sting? Where, grave, thy vic - to -
 point me to the skies; Heav'n's morn - ing breaks, and earth's vain shad - ows

flee, Help of the help - less, O a - bide with me!
 see; O Thou who chang - est not, a - bide with me!
 be? Thro' cloud and sun - shine, O a - bide with me!
 ry? I tri - umph still, if Thou a - bide with me!
 flee; In life, in death, O Lord, a - bide with me!

Come, We That Love the Lord

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WE'RE MARCHING TO ZION

Isaac Watts, 1707

Ref., Robert Lowry, 1867

Robert Lowry, 1867

1. Come, we that love the Lord, And let our joys be known; Join
 2. Let those re - fuse to sing Who nev - er knew our God; But
 3. The hill of Zi - on yields A thou - sand sa - cred sweets, Be -
 4. Then let our songs a - bound, And ev - 'ry tear be dry, We're

in a song with sweet ac - cord, Join in a song with sweet ac - cord,
 chil - dren of the heav'n - ly King, But chil - dren of the heav'n - ly King
 fore we reach the heav'n - ly fields, Be - fore we reach the heav'n - ly fields,
 march - ing through Im - man - uel's ground, We're march - ing through Im - man - uel's ground,

And thus sur - round the throne, And thus sur - round the throne.
 May speak their joys a - broad, May speak their joys a - broad.
 Or walk the gold - en streets, Or walk the gold - en streets.
 To fair - er worlds on high, To fair - er worlds on high.

(1.) And thus sur - round the throne, And thus sur - round the throne.

REFRAIN

We're march - ing to Zi - on, Beau - ti - ful, beau - ti - ful Zi - on, We're
 We're march - ing on to Zi - on,

march - ing up - ward to Zi - on, the beau - ti - ful cit - y of God.
 Zi - on, Zi - on,

Here We Are But Straying Pilgrims 57

Isaac Newton Carman, 1854

William O. Perkins, 1854

1. Here we are but stray - ing pil - grims; Here our path is oft - en dim;
 2. Here our feet are of - ten wea - ry On the hills that throng our way;
 3. Here our souls are of - ten fear - ful Of the pil - grim's lurk - ing foe;

But to cheer us on our jour - ney, Still we sing this way - side hymn:
 Here the tem - pest dark - ly gath - ers, But our hearts with - in us say:
 But the Lord is our de - fen - der, And He tells us we may know:

CHORUS

Yon - der o - ver the roll - ing riv - er, Where the shin - ing man - sions rise,

Soon will be our home for ev - er, And the smile of the

bles - ed Giv - er Glad - dens all our long - ing eyes.

A Faithful Saying (Part III): Exercise

by bro Ernest Lau

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**FOR BODILY EXERCISE
PROFITETH LITTLE:
BUT GODLINESS IS
PROFITABLE
UNTO ALL THINGS,
HAVING PROMISE OF THE
LIFE THAT NOW IS,
AND OF THAT WHICH IS
TO COME.
THIS IS A FAITHFUL
SAYING AND WORTHY OF
ALL ACCEPTATION
(1 TIMOTHY 4:9-10)**

“

In Paul's epistles, he has 5 faithful sayings that he wants Christians to remember. A faithful saying is a saying that is true and trustworthy.

Because the saying is true and important, Paul desires that it be accepted and repeated constantly! In 1 Timothy 4:6-10, Paul writes to us about a certain profitable exercise.

#1 Physical Exercise

Paul addresses the issue of physical exercise. I believe we all know the benefits of physical exercise. Sure, exercise is tiring and sometimes even dreadful. But exercise does bring health benefits and helps us to keep fit. The government even actively encourages Singaporeans to exercise regularly. During this circuit breaker period, one of the few things that the government allows to go out for is to exercise!

It is good for Christians to engage in some form of exercise because we need to take care of the bodies that God has blessed us with. God did not give us our bodies so that we can abuse it, and eat unhealthy food every day. Our bodies are the temple of the Holy Spirit, and therefore it must be used for God's glory (1 Corinthians 6:19-20). Oftentimes, the Bible also uses the analogy of exercise to teach us the importance of discipline: just as athletes must be disciplined in their exercise regime, even so Christians must be disciplined in our spiritual walk (1 Corinthians 9:24-27).

#2 Profitless Exercise

Despite the benefits of physical exercise, the apostle Paul writes that it is of little profit. Perhaps it is of little profit because it does not guarantee health benefits.

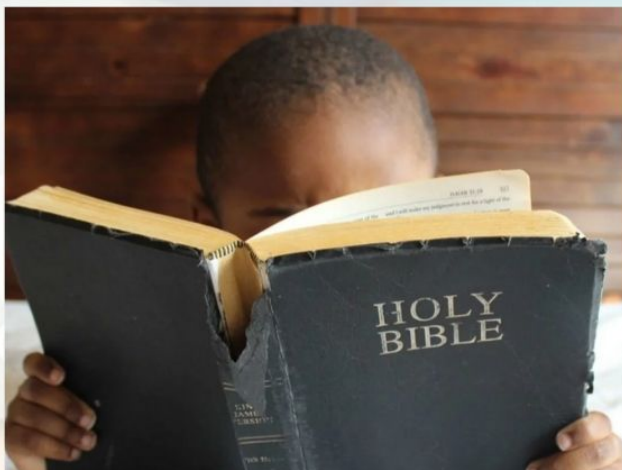
After all, even sportsmen are not immune to diseases. They often pick up injuries, and they are not free from accidents either (think Kobe Bryant).

But more probably, Paul wants Christians to be reminded that physical exercise is of little profit because of the time spent. Sure, it is good to allocate some time for exercise to keep fit. However, sometimes exercise and training can take up a lot of time. Therefore, the time spent for exercise competes with the time we are spending for God. We need to be honest with ourselves and consider: do we allocate time every week for exercise, but can't find time to read the Bible or attend church activities? This principle applies really for any activity that takes

up our time e.g. personal hobbies/relationships/work/p hones (Matthew 13:22). If our activities and habits are preventing us from serving God, that becomes a problem!

#3 Profitable Exercise

In contrast to the little profit that we receive from physical exercise, godly exercise is “is of value in every way” (v.8 ESV). Physical exercise may improve your physical health, but that is not even a guarantee! In contrast, godliness improves our lives in every aspect, both in our present life and in the world to come (v.9). The ultimate reward for godly exercise is eternal life!



How can we exercise ourselves unto godliness?

1. **Be involved in the ministry of Christ (v.6)**
2. **Study and meditate on God's word (v.6)**
3. **Refuse profitless distractions (v.7)**
4. **Labour and suffer for Christ (v.10)**

Truly it is a faithful saying and worthy of all acceptance, that “bodily exercise profiteth little: but godliness is profitable unto all things.” May we be constantly reminded of what truly matters in this world. Yes, physical activities and endeavours may be well and good. However, may all Christians be reminded that the only activity that is truly worth our time and energy is the exercise towards godliness.



UPCOMING
EVANGELISM SUNDAY

WHERE IS GOD DURING COVID-19?

31 MAY, SUN @ 9.30AM

*Like & follow us on our Facebook page to stay tune!
(Lim Ah Pin Church of Christ, Singapore)*



**REMEMBER TO CLICK 'SHARE'
WITH YOUR FAMILY & FRIENDS!**

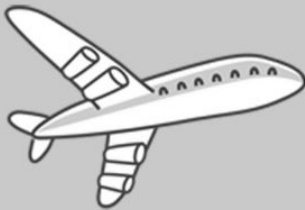


BEREAVEMENT

Our deepest condolences to the family of **bro Sum Yuen Kei (bro David Sum's father)** who has gone to be with the Lord on 18 May 2020. Please continue to keep the family in your thoughts and prayers during this time of bereavement.

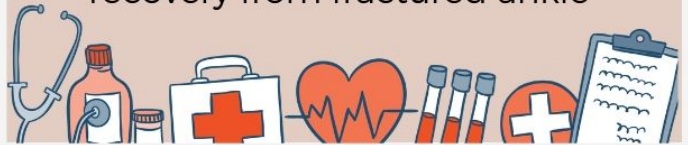
OVERSEAS

- Bro Kenneth Liong & sis Iris in San Francisco
- Sis Shuan Kwee in Hong Kong



HEALTH

- Sis Baby's, sis Yeoh's, sis Rosalind's, sis Swee Inn's & bro Winston's health
- Sis Suan Kiang's health
- Sis Jasmine Lim's mother's recovery from fractured ankle



PREGNANCY

- Sis Cynthia Lee (Jun)
- Sis Melissa (Aug)



NSF

- Bro Shawn
- Bro Zachary
- Bro Wei Xiang



THIS WEEK

27 May (Mon) -
Suan Kiang & Anna Joy

NEXT WEEK

31 May (Sun) - Dave
1 Jun (Mon) - Mergie
2 Jun (Tue) - Steven
3 Jun (Wed) - Susan Cheong