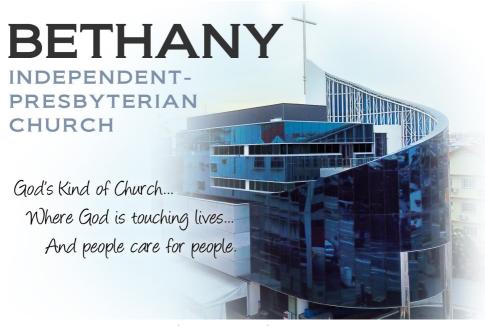
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Bethany IV ... 20 February 2022

#### **MEDITATION**

**REV DR CHARLES TAN** 

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Text: Psalm 18:4-6

# IN MY DISTRESS I CALLED UPON THE LORD

#### THE HARSH REALITY OF LIFE

The Pandemic in the last few years have brought up the harsh reality of life. Distress is a problem that we need to cope with.

(Continued on page 2)

## **MEDITATION**

(Continued from page 1)

<sup>4</sup>The pangs of death surrounded me,
And the floods of ungodliness made me afraid.
<sup>5</sup>The sorrows of Sheol surrounded me;
The snares of death confronted me.
<sup>6</sup>In my distress I called upon the LORD,
And cried out to my God;
He heard my voice from His temple,
And my cry came before Him, even to His ears. Psalm 18:4-6

- 1. A few things that caused great distress
  - a) The pangs of death
    - i) The word "pang" means "pain"
    - ii) It may include emotional pain
  - b) The floods of ungodliness
    - i) Ungodliness was compared to a flood
    - ii) There was a surge of ungodly activities that threatened
  - c) The sorrows of Sheol (the grave)
    - i) The fear of dying became very real
    - ii) Thoughts of death brought much sadness
  - d) The snares of death
    - i) Death was personified as a hunter
    - ii) It seemed to have laid snares to trap and to kill
- 2. The wisest thing to do
  - a) To call on the LORD in prayer
  - b) To call on God urgently and with much faith
- 3. God will answer
  - a) God will hear our prayers

(Continued on page 3)

## **MEDITATION**

(Continued from page 2)

b) He will answer our cries to Him

#### SEEKING GOD

Let us seek God even more earnestly in prayer. There are things in our life that are beyond our control. May the Lord strengthen our faith further!

Write to me at: charlestan@bethanyipc.sg

## **ANNOUNCEMENTS**

# **WELCOME TO BETHANY**

We are glad that you have chosen to worship the Lord Jesus with us today! May your heart be uplifted through worship and fellowship!

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## **NEXT WEEKEND**

- 1. Saturday, 26 February 2022
  - a) Catechism Class | 1.00pm
  - b) Youth Worship | 3.00pm
- 2. Sunday, 27 February 2022
  - a) Morning Worship | Main Sanctuary | 10.00am
  - b) Chinese Worship | Level 4 Auditorium | 10.00am



## **ANNOUNCEMENTS**

#### SPECIAL SENIORS PROGRAM

1. Tuesday, 22 February 2022 9.30am - 11.30am

2. Thursday, 24 February 2022 9.30am - 11.30am

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# **BETHANY AND BTS ACM**

Date: Sunday, 27 February 2022 Time: 11.45am

The ACM will be conducted virtually.

- 1. Let us take time to thank God for His blessings for another year
- 2. Let us strengthen our faith further to press on with our ministry for the Lord

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# CONGRATULATIONS! IT'S A BOY!

Heartfelt congratulations to Aleena and Yinzhou on the gift of a baby boy on Friday, 18 February, 2022. Baby Zyon and mother are doing well!

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### HEARTFELT CONDOLENCES

Heartfelt condolences to Mr. Tan Kim Soo, Lily, Li Pin, Li Hong and Li Kum on the passing away of Mdm. Yeo Ah Gek on 14 February 2022. She was 85 years old.

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# LETTERS THAT WARM THE HEART

To our dear Pastoral Team & Bethany family,

We would like to express our deepest appreciation for being with us during the recent bereavement of our beloved mum/grandma Mdm Yeo Ah Gek (Mrs Tan Kim Soo). We are truly grateful for your presence, prayers, words of condolences, practical support and kind gifts.

Thank you, Pastor Charles Tan, for conducting the vigil and funeral services and bringing us comforting words from God's Word. You have unveiled deeper insights from Psalm 28:7 on that strength we have seen in Mum's life; the hope that was evident as she trusted in God and the help that she had found to face life challenges. We are so proud of Mum's exemplary faith.

We are grateful to the Bethany AVA team for working hard behind the scene setting up the live-streaming to allow our friends, relatives and far-away loved ones to join us virtually.

Special thanks to our dear Dr and Mrs Yeo Kim Teck for the countless meals and refreshments they had sent to the wake to fill our bellies and hearts.

To our beloved Bethany family, your overwhelming love have brought us much comfort during this time.

Our family has been blessed by all of you. From the bottom of our hearts, we thank you all for creating sweet memories for Mum in her final days.

Love from, Lily, Li Pin, Li Kum, Li Hong and the Tan family.

## WORSHIP IN SPIRIT AND TRUTH

#### Psalm 119:135-136

<sup>135</sup> Make Your face shine upon Your servant, And teach me Your statutes. <sup>136</sup> Rivers of water run down from my eyes, Because men do not keep Your law.

- 1. Prayer to the Lord
  - a) To make His face shine on His servant
  - b) To be taught God's statutes
- 2. Pitiful sorrow
  - a) Rivers of Tears of grief
  - b) When looking at people who do not keep God's laws

## **BIBLE MEMORY WORK**

### TODAY: 20 February 2022

Text: "Unto the upright there arises light"

Unto the upright there arises light in the darkness;

He is gracious, and full of compassion, and righteous. Psalm 112:4

- 1. A special blessing to the Upright God gives light amidst darkness
- 2. The life of the Upright is characterized:
  - a) Graciousness
  - b) Compassion
  - c) Righteousness

### **NEXT SUNDAY: 27 February 2022**

Text: "A good man deals graciously"

A good man deals graciously and lends;

He will guide his affairs with discretion. Psalm 112:5

# 1

# IN MY DISTRESS I CALLED UPON THE LORD

We are seldom fully prepared for distress; We set our hearts on seeking happiness. But distress can be truly overwhelming; How we need to seek God for His blessing!

Ungodliness is likened to a Flood that threatens;
The heart by Dread Fear is now wildly driven.
Sorrows and pangs are felt very greatly;
Divine Help must be sought urgently.

Distress can overwhelm the heart and mind; It can cause a person to feel he is blind! The heart must be drawn to God in prayer; The LORD assures us that He truly cares!

The LORD God is in Holy Temple; He listens to the cries of His people He assures us that we need not fear; What can harm us when He is near?

Charles Tan
Inspiration: Psalm 18:4-6

# 2

# Learning to Have the Heart to be Righteous

The heart can easily be filled with frustration and despair, Indignation from transgressions we perceive we have to bear. We give in to fretting, lamenting that the world is unfair, Succumbing to worries, our hope and joy they ensnare!

Difficult it may be, but we have to flee from all this agonizing, Reflect on the goodness of God, a trust in Him worth galvanizing!

Acknowledge the Lord in all that we do, be patient in waiting,

A heart to seek growth through adversity and truly delighting.

It may be tempting to yearn for justice, desiring harm on evildoers, But our prayers should not wish for misfortune to befall on others. Focus instead on how we can find peace in our hearts and minds, Rest in the Lord, for meekness in anger is what a true faith defines.

For the Lord knows the days of the upright who seek a greater inheritance, We should thus open our hearts to learning, casting away all arrogance. Centering our attention on His deliverance, understanding His graciousness, We commit to obedience and value wisdom, humility, and righteousness!

Poem by Tan Kok Yang Inspiration. Psalms 37 and the theme of "The Lord upholds the Righteous"

#3

# The Tongue of the Learned

Man differs from the beasts because he can speak; The tongue may be a little member but it can be slick. The words one utters can have immeasurable reach; Great damage can result from devious speech.

The wicked will speak idle words without a glitch;
For selfish purposes, their conscience they will ditch.
But the Lord will judge and deal fairly with each;
May the Lord cut off the tongue which speaks proud things,
we beseech.

But from the mouth of the righteous will spew wisdom; That which is gleaned from the knowledge of God's kingdom. The words of him who is upright will champion justice; To protect the fatherless, the poor and the weary from malice.

Our prayer must be for the Lord to open our ears; So that His prompts and His teachings we may hear. And then for us to be given the tongue of the learned; So that we may speak forth words of justice, love and comfort.

Dr. Sng Li Wah Inspiration: Psalm 37:30; 12:1-4; 82; James 3:5-10; Isaiah 50:4-8

#4

# THE STEPS OF A GOOD MAN

The Lord orders the steps of a good man, Though man may not fully understand. The steps are part of the divine plan of God, There is a purpose ordained by the Lord.

By His Word, God would direct the steps to take, The effort to know His Word, we must make. He would guide us to walk in righteousness, And to reject a life of sin and worldliness.

In God's plan, some steps may be challenging, To walk them, we may be hesitant and unwilling. It is good to focus on God and to seek His hand, We can take the steps with faith in His plan.

We are weak and may falter along the way, But God is merciful and upholds us always. May we trust that He knows all of our days, And pray for His leading in life's pathway!

> Yvette Seow Inspiration: Psalm 37:23

# 5

#### THE MOUTH OF THE RIGHTEOUS

May we receive the law of God in our hearts
Only out of the abundance of the heart
does the mouth speaketh wisdom
Good treasures of the heart bring forth good things
The mouth of the wicked betrays his heart with venom

Our modern world hankers for the right to freedom of speech Sadly the result is a profusion of falsehoods and idle gossip out there The tongue though a little member is a potent weapon which Can utter both blessings and curses so we have to beware

May the Lord teach us to control the tongue
That it learns how to comfort the weary one
Awaken us daily and open our ears so we know what to debunk
Knowledge and wisdom to acquire as our precious jewels
second to none

To be abundantly qualified to speak with wisdom and justice A God-fearer we must be with great diligence and attentiveness Walk in the footsteps of His Son who spoke with power and authority Rebel not and wait for His gift to speak with wisdom in righteousness

Jessie Quek

Inspiration: Psalm 37:30,31; Isaiah 50:4; Matthew 12:34,35; James 3:5

# ORDER OF WORSHIP

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#### **PRELUDE**

#### **CALL TO WORSHIP**

Rev. Dr. Charles Tan

#### INVOCATION

#### **MESSAGE**

"The wicked and the righteous contrasted" Text: Psalm 37

#### BENEDICTION

**POSTLUDE** 

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