

7 JUNE 2020

# LAP BULLETIN

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**TUNE IN** FACEBOOK PAGE (LAP LIVE STREAM)

SUNDAYS @ 9.30AM

*Song Leader & Opening Prayer*  
**bro Jeremy Kwan**

*Sermon* (**Phoebe: The Great Helper**)  
**bro Ernest Lau**

*Lord's Supper & Closing Prayer*  
**bro Andy Lin**

THURSDAYS @ 7.45PM

*Genesis 22* by **bro Timothy Ng**

# THE PARADOX OF ANXIETY

*Adapted from Christian Courier*

## 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

## To God Be the Glory

132

Fanny J. Crosby, 1875

William H. Doane, 1875

1. To God be the glo - ry, great things He hath done; So loved He the  
2. Great things He hath taught us, great things He hath done, And great our re -

world that He gave us His Son, Who yield - ed His life an a -  
joic - ing thro' Je - sus the Son; But pur - er and high - er, and

D.S. - O come to the Fa - ther, thro'

FINE

tone - ment for sin, And o - pened the life - gate that all may go in.  
great - er will be Our won - der, our trans - port, when Je - sus we see.

Je - sus the Son, And give Him the glo - ry, great things He hath done.

## REFRAIN

Priase the Lord, praise the Lord, Let the earth hear His

D.S.

voice! Praise the Lord, praise the Lord, Let the peo - ple re - joice!

## 27

## Beulah Land

Edgar Page

Jno. R. Sweney

1. I've reached the land of love di - vine And all its rich - es free - ly mine; Here  
 2. My Sav - ior comes and walks with me, And sweet com - mun - ion here have we; He  
 3. A sweet per - fume up - on the breeze, Is borne from ev - er - nal trees, And  
 4. The zeph - yrs seem to float to me, Sweet sounds of heav - en's mel - o - dy, As

shines un - dimmed one bliss - ful day, For all my night has passed a - way  
 gent - ly leads me by His hand, For this is heav - en's bor - der - land.  
 flow'rs that, nev - er - fad - ing, grow Where streams of life for ev - er flow.  
 an - gels with the white - robed throng Join in the sweet Re - demp - tion song.

O Beu - lah Land, sweet Beu - lah Land, As on thy high - est mount I stand, I

look a - way a - cross the sea, Where man - sions are pre - pared for me, And

view the shin - ing glo - ry - shore, My heav'n, my home for ev - er - more!

140

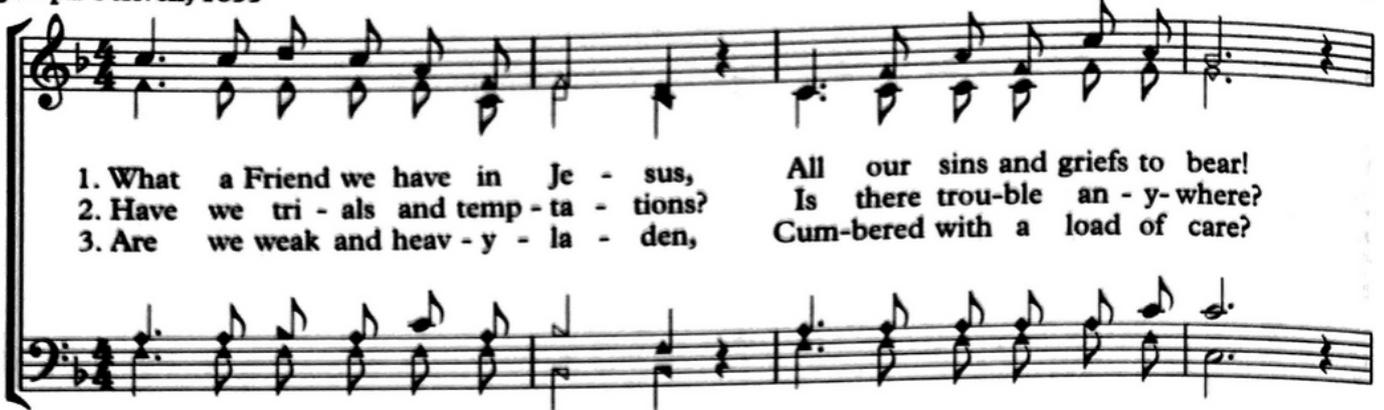
## What a Friend We Have in Jesus

8.7.8.7 D

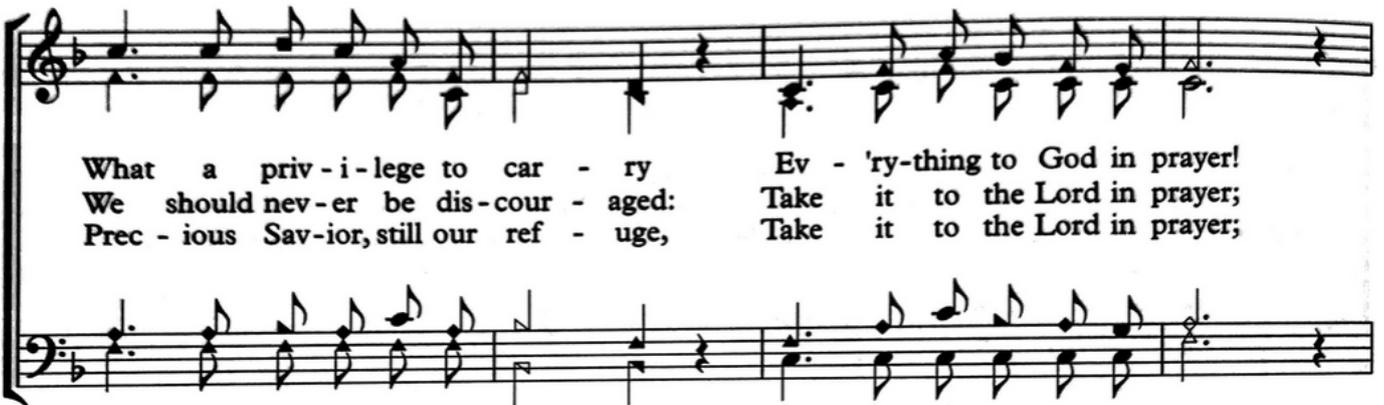
Joseph Scriven, 1855

CONVERSE

Charles C. Converse, 1868



1. What a Friend we have in Je - sus,      All our sins and griefs to bear!  
 2. Have we tri - als and temp - ta - tions?      Is there trou-ble an - y-where?  
 3. Are we weak and heav - y - la - den,      Cum-bered with a load of care?



What a priv-i-lege to car - ry      Ev - 'ry-thing to God in prayer!  
 We should nev-er be dis-cour - aged:      Take it to the Lord in prayer;  
 Prec - ious Sav-ior, still our ref - uge,      Take it to the Lord in prayer;



O what peace we oft - en for - feit,      O what need-less pain we bear,  
 Can we find a friend so faith - ful,      Who will all our sor-rows share?  
 Do thy friends de-spise, for - sake thee?      Take it to the Lord in prayer;



All be-cause we do not car - ry      Ev - 'ry-thing to God in prayer.  
 Je - sus knows our ev - 'ry weak - ness:      Take it to the Lord in prayer.  
 In His arms He'll take and shield thee;      Thou wilt find a sol-ace there.

# THE PARADOX OF ANXIETY

*Adapted from Wayne Jackson*

A paradox is defined as a statement that appears to conflict with common sense or other credible sources of information, when, in fact, it may not conflict at all. For example, after reflecting upon 1 Peter 5:6 —“Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time”—one might be inclined to say: “The way up is down.” That is a paradoxical statement. In the New Testament, the material on anxiety is likewise paradoxical.

The Greek noun *merimna* is found six times in the New Testament. Its corresponding

occurs nineteen times. These kindred terms can be translated by such forms as “care,” “anxious,” “worry,” or “thought.” The context will provide the necessary information as to the most effective way to render the expression in English.

The unusual thing is that *merimna* can be either condemned or commended, depending on the setting in which it is found. A study of the difference provides a wealth of valuable information.

## **Negative Anxiety**

Predominately, “worry” is condemned. Christ employed this word six times in the Sermon on the Mount in censuring needless anxiety over material things:

(a) The Lord shows that **worry is unfocused**, because there is a dimension of life that reaches beyond one's body (Matthew 6:25), and that should be the prime target of one's concern.

(b) **Anxiety is useless**; it changes nothing (v. 27)—except, perhaps, one's mental and physical well-being!

(c) **Worry is illogical**; if God takes care of his lesser creations (e.g., flowers and birds), will he not care for his people? (v. 28). Note the “much more” contrast in verse thirty.

(d) **Fretfulness is faithlessness**. It reveals the same unravelled level of frustration that is characteristic of those who have no relationship with God (vv. 31-32). It is tragic that some in the world appear to

have a greater sense of mental tranquility than many who profess an intimate relationship with a Heavenly Father.

(e) Finally, **fearfulness is shortsighted**; it lives on the precipice of what “might be” (v. 34). One has enough to deal with each day; there is no need to borrow trouble from tomorrow.

Martha is a prime example of one who was distracted with inordinate anxiety (Luke 10:41); in her preoccupation she robbed herself of teaching time at the Master's feet and became a harsh critic of her more focused sister (v. 42).

Many years ago, Ashley S. Johnson founded a school in eastern

Tennessee for young men who wanted to preach the gospel but could not afford the expense of a more formal education. He called it "The School of Evangelists." He believed firmly in the providence of God and thus that the Lord would provide for those lads who wanted to enroll, as well as for the school itself as it sailed under the "flag of faith." He produced a book of sermons under the title, *The Life of Trust*, which would pay rich dividends to any Christian who explores its pages.

### **Positive Anxiety**

Not all anxiety is condemned. Turmoil invaded the church at Corinth over the use of various miraculous gifts. Some insisted on exercising their gift under circumstances where confusion could prevail. Thus Paul urged that the local members should

subordinate their self-interests and have "care" (concern) for one another (1 Corinthians 12:25). Care is an antidote for contentiousness!

Paul loved the church at Philippi. He had established that congregation (Acts 16), and these precious souls had supported the beloved apostle for over a decade (cf. Philippians 4:10ff). At the time he wrote his letter to this church, he anticipated sending his protege, Timothy, to Philippi to assist these precious saints. In the process he paid a wonderful compliment to his young missionary companion.

In a note of commendation, the apostle wrote:

“But I hope in the Lord Jesus [i.e., I hope it is the Lord’s will] to send Timothy shortly unto you, that I also may be of good comfort, when I know of your state [i.e., how they were bearing up under persecution]” (Philippians 2:19). He continued, referencing Timothy: “For I have no man like-minded, who will care [merimnao] truly for your state” (v. 20). In essence, Paul is saying, “If Timothy is with you, you can be assured of his genuine concern for your spiritual welfare and he will be a blessing to you—and to me in this respect.” O how blessed we are when we have family in the Lord who worry (in the right way) over us. It’s an index of their love!

That Paul was a victim of serious and sustained persecution is well known to Bible students. One catalog of his perils is found in 2 Corinthians 11:23ff. After

listing a wide range of physical abuses and serious dangers in his apostolic endeavors, Paul mentioned that “every day” there “pressed” upon him an “anxiety for all the churches” (v. 28).

There are far too many church members who care little for the condition of the larger brotherhood of Christ. When so many congregations are progressively slipping into modes of digression with innovations in worship and a reconstruction of the plan of salvation, more of us should be anxious for the cause of our Lord. The ostrich syndrome (bury your head in the sand) is not biblical.

Finally, there is this sentiment of sweetness. Peter admonishes that we are to “cast our worries” on God who “has concern” (melei – present tense) for us (1 Peter 5:7). Or as another has said:

“

*Cast your  
burden upon  
the Lord,  
and he shall  
sustain you  
(Psalm 55:22)*

”

**OUR PRAYER SHOULD BE:  
“O GOD, HELP US WITH THESE  
HEAVY LOADS!”**



### **BABY JOY!**

Our heartiest congratulations to **bro Farand & sis Cynthia** on the birth of their baby girl, Amelia Lim, on 29 May.

Please continue to pray for the health of both mother and child as they recuperate at home.

### **BEREAVEMENT**

We received a sad piece of news that **bro Peter Chin's mother** passed away on 4 June in Klang, Malaysia. Unfortunately, due to the travel restrictions, and bro Chin's commitment to Four Seas College, he and sis Pooi Fun were unable to travel to Malaysia to be with the family there. Please keep **bro Peter Chin & the family** in your thoughts and prayers during this difficult time.

### **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 Melissa (Aug)



### **NSF**

- Bro Shawn
- Bro Zachary
- Bro Wei Xiang



### **THIS WEEK**

**8 Jun (Mon)** - Christine Phang  
**11 Jun (Thu)** - Leong Dak  
**13 Jun (Sat)** -  
Yuet Ming & Siang Yee

### **NEXT WEEK**

**15 Jun (Mon)** - Roberto  
**16 Jun (Tue)** - Jasmine Lim



ARTWORKS BY CHILDREN & MEMBERS WERE DISTRIBUTED TO OUR SENIORS TO CHEER THEM UP DURING THE CIRCUIT BREAKER.

# THANK YOU



RAELENE, CLAIRE & THOMAS



GRACIA



SEOW HUI, JONAS, TOBIAS & KATELYN



SIEW SIEW & ELISHA



在家读圣经

在家做菜

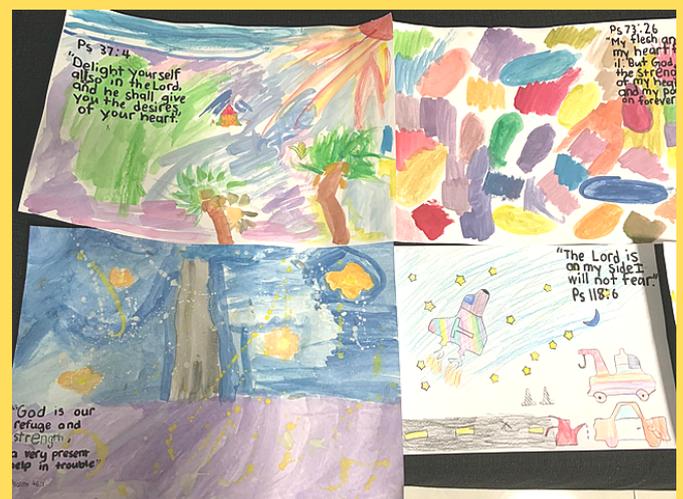
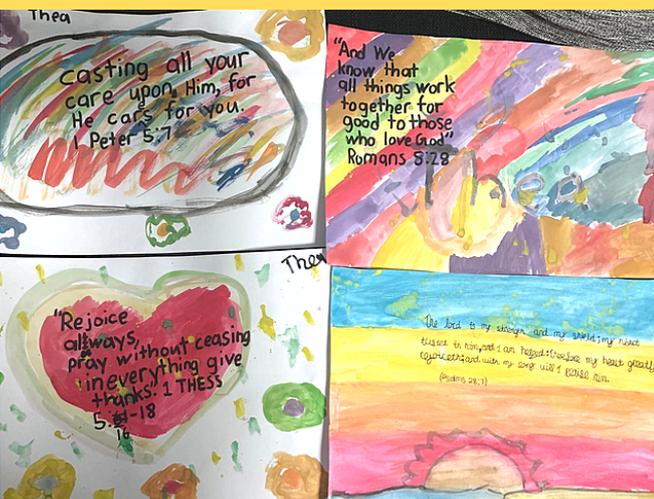
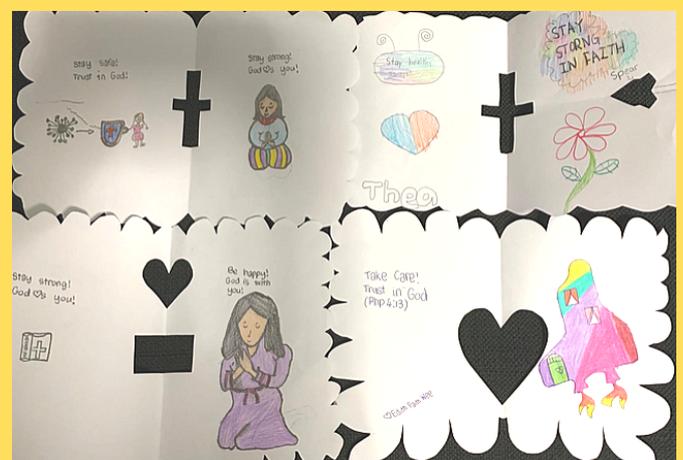


在家找朋友

在家运动

AN LI

MARY ANN



EDITH & THEA



EUNICE



JASMINE LIM



SER ERN



HOME  
SAFE  
POSITIVE  
FAITHFUL

many thanks   
From Senior Fellowship Committee