

all, we invite darkness to further envelop and invade us. Resentment and anger are that powerful. They till your soul for depression.

Let's examine the basics first, before tackling this issue of raw, unprocessed and unmitigated pain. We must recognise that we can't insulate ourselves from it. Our bodies are receptacles of feelings and vehicles of communication. We're a means for receiving, processing, perceiving and connecting with the world.

Pain is not necessarily bad. It alerts us to something that might harm us. It's our body's way of communicating with us. So take note of it and check the causes. You don't have to always anaesthetise it.

If we're reactively seeking to medicate the pain, we might miss the message, thereby missing the possible solutions to the pain. Pain creates that special awareness of who we are and how much we value our relationships.

Our emotional pain is then a precious sensor, too profound in its meaning to be oversimplified as hurt feelings. Our pain is a tender threshold to our souls. Each person's pain is different. However, each must be seen as a transcendent signal for us to embrace and celebrate our humanity.

How then should we deal with the pain within? Recognise its presence and realise your potential and your power within. When you know who you are, and your position as a child of God, your entire perception on life begins to change. As a child of God, you don't have to see yourself as the victim. Other people's nastiness towards you reveals more about their character rather than yours.

You will also find it easier to alleviate and sublimate the pain, once you learn to let go of your stories. Release your attachment to what you think should have happened or not happened, and to explore the possibilities of your privileged position as a new creation in Christ.

To make that a reality, you've to consciously and intentionally forgive. When you have this intent, your whole perspective on your life's history and incidents, and even what's going on now, takes a gentler view than before. You recognize in forgiveness, everybody has worth and value, that everyone is simply operating at his or her own level of understanding. So let go of your old stories and start writing a new one!

Pastor Song Cheng Hock

**Casting all your care upon Him for
He careth for you. 1 Peter 5:7**

DO NOT FORGET TO SWITCH OFF YOUR HANDPHONES!



ANNOUNCEMENTS

WE WELCOME all guests who have come to worship with us this morning. If this is your first visit, please fill in the Visitor Form so that we can keep in touch with you.

SUNDAY BIBLE SCHOOL

Two classes are conducted upstairs every Sunday morning from 9.15 - 10.00a.m. before Worship Services.

Basic Christian Living classes are for new believers or believers who wish to hone their Christian Living. **Facilitator:** Sister Chiew Eng.

Discipleship Class: For believers who wish to deepen their Christian Life. Studying the book of Philippians. **Facilitator:** Pastor Song.



OUR EVANGELISTIC MEETING:

November 29th 2009 at 10.30am.

PRAY, PREPARE PARTICIPATE. Pray without ceasing. Pray specifically for someone to bring. Pray for salvation for friends and family. Prepare to see many come to know Christ. Be an usher, a counsellor or just a helper (*contact Bro. Henry Lee or Sister Chiew Eng*).

Participate in our evangelistic effort. Let's unite in our effort to win souls for our Lord.

Please do not forget to fill in the commitment form today and pass them to the ushers or one of our prayer intercessors.

Our evangelist will be Pastor Daniel Teh.

CONDOLENCES

Our Sincere condolences to Bro. Yook Siong and Sis. Sai Tien. Yook Siong's mother was called home on Sunday evening November 1, 2009.

Please remember to uphold the family during this time of loss.

PRISON MINISTRY

Association of Christian Halfway Houses (ACHWH) have invited us to participate in their program to care for ex-offenders completing the HWH Service Model program (or released directly from prisons). The Church based After-Care program will help ex-offenders reintegrate back into society and become members of the Church.

We have three members already involved in the Prison Ministry but there is still need for more volunteers.

THOSE INTERESTED TO SERVE AS VOLUNTEERS may contact **Brother Vincent Tan** for more details.

PRAYER PAGE



1. Please pray for **Pastor Song** as he brings God's Word to us this morning. Pray for ourselves too that we may not be hearers of the Word only but doers too. **Ps. Song experienced some chest pain** and breathlessness last week. He was warded at CGH but discharged the next day. He has been on sick

leave until today.

2. Pray for the **Worship Team**, the **audio/visual support group**, as well as the **ushers**. Pray that God will continually refresh them as they experience deeper worship themselves, leading others to worship God in spirit and in truth and to encounter Him, to the end that their lives be transformed to His glory.

3. Please continue to uphold our **Pastors and their family** in prayer. Pray for their health, that they will enjoy the Lord's rich blessings of strength, peace and joy as they serve Him.

4. We praise God for his grace on **sister Alice**. She could go through the chemo last week. Please continue to pray for God's strength to be with her and **sister Catherine**.

5. **Pray for Sunday School Teachers** - for their preparation and study of the Word, example of faith and holiness, love for their students. *"I will instruct you and teach you in the way you should go; I will counsel you and watch over you". (Psalm 32:8).*

6. **Pray for Brother Chin and sister Sai Tien** as they find comfort in the Lord after the home calling of Chin's mother last Sunday evening. Praise God for the testimonies we heard during her wake on Wednesday night by her two grandsons.

7. **Please remember to pray for our evangelistic meeting on the 29th.** If you have completed your commitment form, please hand it to one of our ushers, Bro. Henry or Sister Chiew Eng or to our prayer intercessors for prayer. Pray that we see many **souls receive salvation. Let us trust the Lord for healing of the sick too.**

8. **Brother Boon Khim and Sister Enid** will be leaving us this month to join their daughter and son-in-law in Auckland. We thank the Lord for their many years of service to the Lord in our congregation.

PASTORAL PRAYER. *Should you or someone you know need prayer, please speak to the pastor or send your email to chggod@churchofgodsg.com.*

Memory Verse:

Last week's: *God is our refuge and strength, an ever-present help in trouble. - Psalm 46 : 1*

This week: *"Come to me, all you who are weary and burdened, and I will give you rest." - Matthew 11:28*