

extend grace to others. They have no compunction in measuring others with their unrealistic benchmark of excellence. The inevitable result is, they are just as critical and dissatisfied of others as of themselves.

The word "perfect" means absolutely complete, faultless and flawless in all respects, without defects, regardless of how small or insignificant those defects may be. However, that's an impossible ideal.

Some Christians, in their zeal to please the Lord misconstrue the spirit and intent of our Lord's injunction in Matthew 5:48 – "Be perfect, therefore, as your heavenly Father is perfect." The term *perfect* is translated from the Greek *teleios*, which means more accurately "fully complete." It implies growth into maturity of godliness, and not sinless perfection as some are inclined to believe.

We've to read that verse in context. Verses 43 to 48 form a pericope or thematic unit that emphasizes the depth and breath of the Father's love, who "causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous." When taken in context, then, the thrust of Jesus' admonition to "be perfect" is to be compassionate in a way that treats *all* others fairly, fully, equally and magnanimously, in the same way the Father treats us.

We need to recognise that perfection is an illusion. That doesn't mean that we shouldn't do our best or strive for excellence. Perfection and excellence are two different things. We can work towards excellence without becoming obsessed, without becoming perfectionistic.

When we're perfectionistic, we become compulsively competitive, critical, controlling and unforgiving – of others and self. The quest for perfection will lead you to frustration, exhaustion, and failure because it's unattainable. The harder you try, the worse you'll feel.

We ought to do our best with the Spirit's help to live a life worthy of His calling. However, we must first remember that our spirituality is not based on our work ethic but Christ's work on the cross. As Paul reminds us, we live or die to the Lord. That should be our guide and primary motivation. "So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Corinthians 10:31).

To wean yourself off your perfectionistic streak, you've to accept the fact that God has unconditionally accepted you on account of Christ's work on the cross. A perfectionist is unable to accept himself. To overcome it, learn to accept yourself as God accepts you by practising kindness towards others.

Pastor Song Cheng Hock

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.



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.**

Sis. Chiew Eng will be holding a briefing session today from 12.15 to 1.00pm at the main sanctuary. Anyone interested to participate as a "befriender" or a counsellor, or to acquaint yourself personally to share the gospel are welcome to join. All are welcome!

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.

Asst. Treasurer needed.

We thank God for the services of Sister Beng Hwee who has faithfully served as assistant treasurer for the past years. Sister Beng Hwee will be leaving us to join her family in Australia next month and we need to find someone to replace her. If you would like to serve in this ministry, please see our Church Treasurer, sister Desmonda for more details and duties.

FRIDAY NIGHT PRAYER MEETING

We would like to encourage all to come and join the Prayer Meeting every Friday at 7.45 p.m. Pastor Song is now teaching **1 Corinthians**.

PRAYER PAGE



1. Please pray for **our speaker, Bro. Lam Wai Chan**, 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.

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, strength, peace and joy as they serve Him.

4. Continue to uphold **sister Alice** in prayer. Her heart scan results were good and she is on a new round of chemo. Pray for God's grace and strength to be with her and **sister Catherine**.

5. **Please remember to pray for our evangelistic meeting next Sunday.** 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 for the sick too.**

6. We want to praise God and give thanks for the faithful services of all who serve in the **various Ministries** of the Church - may the Lord continue to bless us all with good health, strength and joy. May God always supply our need at the right time.

7. **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.

8. Praise God for **the little ones** in our midst. Bring them before the Lord for His blessing - that they will grow up in the fear and love of the Lord, grow in grace, faith and wisdom, and be protected from the evil one. Pray for their parents too - that they will continue to stimulate, encourage and inspire them with their faith and example.

9. Continue to pray for the **Youths and Sunday School children**, that even in their youth they will love the Lord with all their heart, soul, mind and strength. Pray for teachable hearts and obedience.

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: *A generous man will himself be blessed, for he shares his food with the poor. - Proverbs 22 : 9*

This week: *He gives strength to the weary and increases the power of the weak. - Isaiah 40 : 29*