

WELCOME

WE ARE SO GLAD THAT YOU ARE HERE. THANKS FOR TAKING THE TIME TO BE WITH US. HAVE AN AWESOME SERVICE.

We hope that you will enjoy today's message and our praise and worship. If you would like to know more about our church or the different programs we have during the week, please approach our staff at the Admin Counter.

ANNOUNCEMENTS

1 **CORPORATE PRAYER MEETING**
07 July (Wed), 8 - 9.30pm
Honour Room
West Coast Recreation Centre

2 **CONFIRMATION SERVICE**
11 July (Sun), 10am - 12pm
Auditorium
West Coast Recreation Centre

3 **MINISTRY LEADERS' MEETING**
11 July (Sun), 1.15pm
Honour Room
West Coast Recreation Centre

COMING EVENTS

JUL

3 sat DADS FOR LIFE SEMINAR

7 wed DI - HOUR OF POWER
CORPORATE PRAYER MEETING

11 sun CONFIRMATION SERVICE

14 wed DI - HOUR OF POWER
WISE WDT

28 wed DI - HOUR OF POWER
WISE WDT

21 wed DI - HOUR OF POWER
WISE WDT

AUG

4 wed DI - HOUR OF POWER
WISE WDT

SHUTTLE BUS SERVICE

9.10am Boon Lay Way - Boon Lay MRT (Bus Stop)
9.15am Jurong West St 51 Blk 511 Carpark
9.30am Clementi MRT - Bus Stop towards City

WORSHIP LOCATION

WEST COAST RECREATION CENTRE
NO. 12 WEST COAST WALK

WESTSIDE ANGLICAN CHURCH OFFICE

ADDRESS: 11 ST. ANDREW'S ROAD
SINGAPORE 178939
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04 JUL 2010

WESTSIDE ANGLICAN CHURCH

STRENGTHENING FAMILIES. IMPACTING COMMUNITY
an extension of st. andrew's cathedral

WHAT DOES THE BIBLE SAY ABOUT... OVERCOMING STRESS? (PART 1)

-PASTOR TIMOTHY CHOW-



In today's world it is virtually impossible to avoid stress. Many find it increasingly difficult to simply survive in the world we live in. Everyone talks about returning to a "simpler" way of life, but no one seems to even know exactly what that means, or how to attain it. Many of us cry out like Job, **"The churning inside me never stops; days of suffering confront me."** (Job 30:27).

Jesus says, **"Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light."** (Mt 11:28-30). These words have touched the hearts of many, yet they are only words that merely sound comforting and are, in essence, worthless unless they are true. If they are true, how can we apply them to our lives and walk free from the burdens that weigh us down so badly? How can we find rest for our souls?

1. COME TO ME...

The first thing we must do to be free from our stress and worry is to come unto Jesus. Without Him, our life has no real purpose or depth. We simply run from one activity to another, seeking to fill our lives with purpose, peace, and happiness. **"All man's efforts are for his mouth, yet his appetite is never satisfied." (Ecc 6:7).**

God created each of us with a special purpose in mind. There is something that needs to be done on this earth that can only be done by you. Much of the stress that we carry springs from the fact that we don't know who we are or where we are going.

Until you have fully committed yourself to God, until your foundation is dug deep into Him, you will never be able to discern what His perfect will is for your life. The storms of life wash away the thin veneer that we present to the world and expose what truly lies in our heart. God, in His mercy, allows the storms to hit us so we will turn to Him and be cleansed of the sin that we were never able to perceive in times of ease.

2. FEAR OR FAITH?

All fear stems from a lack of faith in God. Stress is a form of fear. Worry is a form of fear. Worldly ambition is rooted in a fear of being a failure. Stress arises when we try to serve both ours fears and God at the same time (which is impossible). **"Unless the Lord builds the house, it's builders labor in vain...In vain you rise early and stay up late, toiling for food to eat." (Ps 127:1-2).**

Love is the force that drives out our fear. **"There is no fear in love but perfect love drives out fear, for fear has a torment. The one who fears is not made perfect in love." (1 John 4:18).** If we desire God to make us perfect in love, we will have to repent of every bit of fear and worry that we have clung to instead of Him. We may not like to face some of those things that are in us, but we must if we are ever to be free from them.

DUTY SCHEDULE

	This Week 4 th Jul	Next Week 11 th Jul (H.C.)
Chairperson	Chia Siew Choo	Kelvin Koo
Speaker	Revd Timothy Ewing-Chow	Archbishop John Chew
Worship Leader	TBC	TBC
Music Team	TBC	TBC
Projectionist	TBC	TBC
Soundworks	Amaris Lee	TBC
H.C. Server	-	Raymond Ang, Tony Tay
Intercessory Prayer	Joanie Ng	Raymond Ang
Scripture Reader	Yvonne Lim	Pamela Pung



*"I can't worry about that now.
I'm worrying about something else."*