

# BE STILL

P S A L M 4 6

#GetRest

ENGLISH SERVICES

VOL 17 NO 2  
11 JAN 2026

## *Order of Service*

Call to Worship

Doxology

Worship in Songs

AM: All Creatures of our God and King; My Soul Finds Rest;  
Jesus, I am Resting, Resting

PM: My Soul Finds Rest; Be Still My Soul; Jesus, I am Resting, Resting

Scripture Reading: Gen 2:2; Exodus 31:12-13;17; Deuteronomy 5:12-15 (ESV)

Message: Rest and Rhythms

Response Hymn: Goodness of God

Corporate Life & Prayer

Offering

Benediction

Announcements

## Welcome

We are pleased to welcome you to worship with us! If you are new to Zion Bishan, do drop us a note on our contact form and our hospitality team will get in touch with you in the coming week:

[zionbishan.org.sg/rf](http://zionbishan.org.sg/rf)

### Sunday Services at a glance

**8.30am** Mandarin Service

**9.00am** Hokkien Service

**9.30am** Tamil Service

**8.30am/10.30am/4.30pm** English Service

**10.30am** Mandarin-English Service

**10.45am** Cantonese-Mandarin Service

### Domestic Helpers Fellowship (DHF)

**Bible Study Groups** – to join via Zoom, register at [zionbishan.org.sg/dhf](http://zionbishan.org.sg/dhf)

**8.45am DHF 1A** in English/Tagalog, for all nationalities) *In-person in Room 106 & Zoom*

**8.45am DHF 2** (in Myanmar language) *In-person in Room 105 & Zoom*

**2.30pm DHF 3** (in Bahasa Indonesia) *via Zoom*

**8.45pm DHF 1B** (in English/Tagalog, for all nationalities) *only upon request, via Zoom*

### Children/Youth Discipleship Classes

Register interest: [zionbishan.org.sg/cd-yd](http://zionbishan.org.sg/cd-yd)

### Join us on Telegram / WhatsApp

Keep up to date with our latest bulletin and church announcements:

[zionbishan.org.sg/broadcasts](http://zionbishan.org.sg/broadcasts)

## Serving You Today

**Speaker:** Ps Ng Zhiwen

### **8.30am**

*Service Coordinator:* Dn Lim Nan

*Worship Leader:* Dn Justin Low

*Vocalist & Musicians:* AM Music Team 2

### **10.30am**

*Service Coordinator:* Dn Charles Chia

*Worship Leader:* Dn Tiew Chew Meng

*Vocalist & Musicians:* AM Music Team 2

### **4.30pm**

*Service Coordinator:* Melvin Soo

*Worship Leader:* Dn Peter Wang

*Vocalist & Musicians:* PM Music Team 2

### Pastors and Ministry Staff

Rev Dr Alby Yip, <i>Senior Pastor</i>	9844 9536
Rev Dr Dev Menon, <i>Pastor</i>	9829 6051
Rev Lim Jit Thye, <i>Pastor (Cant-Mand)</i>	9182 6957
Rev Daniel Nge, <i>Pastor (Mand-Eng)</i>	8428 0525
Rev Vernon Quek, <i>Pastor</i>	9796 0196
Rev Ng Zhiwen, <i>Pastor</i>	9092 6095
Rev Paul Yeo, <i>Pastor (Hokkien)</i>	9751 1897
Rev Chris, <i>Asst Pastor (Tamil)</i>	9446 7416
Rev Danny Chua, <i>Pastor</i>	9239 4160
Preacher Choo Han Boo, <i>(Hokkien)</i>	9450 2789
Mrs Emily Quek, <i>Special Projects</i>	9001 2926
Ms Elizabeth Hira, <i>Children's Min/DHF</i>	9239 0680
Mrs Sha.ron Quek, <i>Overseas Ministries</i>	9788 0195
Dr Quek Tze-Ming, <i>Ministry Staff</i>	9060 8340
Mrs Jacqueline Ong, <i>Youth Ministry</i>	9322 7629
Mrs Vanessa Khoo, <i>Women's Ministry</i>	9880 4507
Mr Joel Khoo, <i>YAs/Discipleship</i>	9368 9221
Mr Timothy Ong, <i>Missions Education</i>	9271 5785
Rev Dr David Wong, <i>Advisory Pastor</i>	
Rev Dr Quek Swee Hwa, <i>Pastor Emeritus</i>	

### **Confidential Care & Counselling:**

[care@zionbishan.org.sg](mailto:care@zionbishan.org.sg)

**Rest & Rhythms**

Genesis 2:1-2; Exodus 31:12-13, 17; Deuteronomy 5:12-15

***#GetRest***

**#1**

**#2**

**#3**

**#4**

**#5**

**#6**

**#7**

## Reflection Questions:

1. Why did God give His people Sabbath rhythms?
2. Let's *#GetReal* about Rest and Rhythms. In the past year:
  - a. How many hours of sleep do you get a day, on average?
  - b. How many times did you observe a personal day of rest each week?
  - c. On average, how many hours a week do you spend working? (including for Christian ministry work)
  - d. How many times did you experience being exhausted, such that you could not do any work for more than 1 day?
  - e. When was the last time you had a sabbatical break (of 1 month or longer)?
  - f. How often did you set a time each day to be with Jesus?
  - g. How "rested" did you find yourself when faced with a challenge or task?
3. What Sabbath rhythm will you commit to for this Year of Rest (and beyond)?

## *Prayer Points*

### **Our Church**

**CD and Parents' Briefings (2026)** - Pray for the Parents' Briefings on 11 and 18 January, that parents and the church will walk together in strong partnership for the spiritual growth of the next generation. Pray that the children will know, love and follow Jesus, through the godly models in their families, church family and God's word. Pray for wisdom, unity, and humility among all teachers and leaders as they serve faithfully

**Tuition Ministry** – Thank God for 9 years of sharing the love of Jesus through academic assistance and friendship through this ministry. Praise God for the love and faithfulness of our volunteer teachers, and also for how He has brought some of the students to hear the Gospel and draw closer to Him through last year's youth camp. Pray for each teacher and student as they embark on the new academic year on 22 Jan and for Dns Li Hwee as she leads this ministry.

**Women's Weekend (17 Jan)** - Pray for the women in our congregations as they gather next weekend to hear what the Bible has to say about our Joy as Christians. Pray that through the talk, workshops, and conversations, they will be deeply encouraged to pursue a lasting joy that is rooted in Jesus alone, even in the face of things that threaten to rob or obscure their joy.

### **Our Denomination**

**Grace BP** – Pray for them as they celebrate their 50th anniversary today! The theme for their Jubilee is Great Reset in Christ. "Our prayer is that we can all reset our reliance on God, our responsibilities in serving Him as well as in our relationships."

### **Our World**

**Bangladesh** - Pray for the work of various teams working to see disciples of Jesus multiplying in the megacity of Dhaka, capital of Bangladesh. The nation is home to one of the largest unreached people groups globally and Dhaka has between 30-37 million people living in it. Pray for a unity of heart and mind under Christ as they work to see multiplying groups of Jesus followers in various communities in this city. May the Holy Spirit move in these groups to lead many to faith and obedience.

## Last Week

### Watchnight & New Year

Service	Attendance	Offering
English Service Livestream*	11	
English Watchnight - Testimony	174	
English Watchnight Service	214	10,512.00
Chinese Service livestream*	8	
Chinese Watchnight Service	85	1,003.00
Tamil New Year Service	16	\$116.00

**Electronic Transfer** **14,828.14**

**TOTAL** **\$26,459.14**

### Sunday Service

Service	Attendance	Offering
English Service Livestream*	14	
English Service 8.30am	210	\$2,888.00
English Service 10.30am	580	
English Service 4.30pm	266	
Chinese Service livestream*	6	
Chinese Service 8.30am	96	\$1,786.00
Cant/Mand Service 10.45am	84	\$780.00
Mand/English Service 10.30am	62	\$854.00
Hokkien Service	53	\$1,077.00
Tamil Service	12	\$1,401.75
DHF	24	

**TOTAL** **1407** **\$8,786.75**

*#Livestreaming peak concurrent viewers*

Electronic Transfer \$64,734.87

**Weekly Total** **\$99,980.76**

*Weekly offering to meet budget for 2025/26: \$94,181*

### GENERAL PROJECTS FUND

Electronic Transfer \$4,550.00

**Weekly Total** **\$4,550.00**

**Total Gift Received To-Date** **\$6,027,118.17**

## Info for Giving

For tithes and offering:

**General & Missions Fund**



DBS Current A/C: **070-901056-3**

PayNow: **T10SS0029GGMF**

**ZION BISHAN BP CHURCH**

To give towards the

**General Projects Fund**



DBS Current A/C: **070-901055-5**

PayNow: **T10SS0029GGPF**

**ZION BISHAN BP CHURCH – GPF**

*Please provide your CONTACT NUMBER on each cheque*

## Church Family News

1. Ps Dev is preaching at Emmanuel BPC this Sunday morning and attending Grace BPC's 50th Anniversary Service in the afternoon.
2. Congratulations to Ps Vernon Quek & Ruth on the birth of their son, Jeddiah Quek Peng Sheng 郭平圣, on 7 Jan 2026! Ps Vernon will be on paternity leave till 21 Jan.
3. Congratulations to Lee Youzheng & Carrissa Ting who entered into holy matrimony on 10 Jan 2026!

## Looking Ahead

### Fri, 16 Jan

**8.00pm:** Prayer Meeting

*Register at [zionbishan.org.sg/fpm](https://zionbishan.org.sg/fpm)*

### Sat, 17 Jan

**4.00pm:** Youth Fellowship

*Register at [zionbishan.org.sg/yf](https://zionbishan.org.sg/yf)*

### Sun, 18 Jan

Worship Services at **8.30am, 10.30am & 4.30pm**

## Jan Series: Be Still

**18 Jan – Means and Rules**

*Ps Danny Chua*

**25 Jan – Time and Space**

*Dr Quek Tze-Ming*

## Connect With Us

Thank you for joining us today!

Should you be interested to find out more about Jesus, indicate your response at [bit.ly/ZBinterest](https://bit.ly/ZBinterest) and we will put someone in touch with you as soon as possible!

## **Youth Camp 2025: No Greater Mercy (15-20 Dec 2025)**

Praise God for the 6 days & 5 nights that our youth could spend listening to the Word and in fellowship with one another! Through our messages on Jonah, we learned about our merciful Creator God who is still holding out His Word to His disobedient creation, and many of our campers had the opportunity to respond personally to the Gospel. We also experienced God's mercy in tangible ways during camp: through the spacious venue graciously loaned by KCPSS, the unexpected clear weather we had during our outing, the prayers & words of encouragement from the church family, and the many friendships that were formed. Truly, a week of realising that there is NO GREATER MERCY than what our loving & gracious God has lavished on us!

### ***From Gabrielle Tan (Happy Camper of Megalodon)***

*When I first came to camp, I had mixed feelings. I was scared because I didn't have very close friends at camp, and excited because it was my first youth camp and I wanted to make the most out of it. I also felt nervous to meet my group because I saw so many new faces. I just wanted to talk to everyone but because everyone already knew everyone, I did feel lonely at some points. Thankfully, I warmed up to my group after a while. During camp, I also learnt a lot about God. I realised that I don't need someone's attention to feel loved because God already loves me unconditionally. All the messages and workshops were really inspiring and engaging too. I just needed that spark to make me want to know more about God. I am thankful for the many new eye-opening opportunities to learn and know more about God. I enjoyed every moment of camp, except getting sick :) but it was worth it.*



***From Brennan Ting (Proud Leader of Narwhal)***

*Youth Camp was a great time of encouragement and fellowship with the other youths! We grew closer not just through the fun games but also through times like workshops and discussions where we could share openly and vulnerably (#GetReal) about our struggles and our hopes. I was really encouraged by seeing many of the youths grow and mature throughout camp, and how the camp message touched many of the newcomers! All the praise and glory goes to God for how He was working throughout camp and showing all of us His great mercy and love.*



Do read more about our camp at  
[tinyurl.com/youthcamp2025reflections!](https://tinyurl.com/youthcamp2025reflections!)

## Announcements

### A&A Building Project Update

1. Both the **Chapel & Auditorium** will be closed to all day time users from **Monday to Saturday** between 12 Jan to 13 Feb due to refurbishment work of acoustic panels. Concurrently, the corridor flooring will be resurfaced during this period.
2. Car park will be closed during the weekdays from 12 – 21 Jan to facilitate hoarding work in the front part of the building.

### SENIORS360 Event

#### CNY Warehouse & Factory Shopping Trip

24 Jan 26 (Sat) 8.30am-3pm

Places we will visit:

Senoko Avenue, Woodlands Terrace,  
Fishery Port Road, Pandan Loop

\$5 per pax (including transport)

Lunch at Woodlands Industrial Park  
(at own expense)

Meeting point: **8.30am** at church.

Invite a non-Christian friend along!

Register by 16 Jan:

<https://rebrand.ly/s360cny>

### Catechism Class

Join our church family and sign up for the upcoming round of catechism class (starting 14 Feb 2026)!

Contact Lydia ( [lydia@zionbishan.org.sg](mailto:lydia@zionbishan.org.sg) ) if you need a hardcopy form.

Sign up by 25 Jan:

<https://tinyurl.com/ZBCatechismClass>.

### English as Second Language (ESL)

#### Teachers Needed!

Looking ahead to 2026, we are looking for more ladies to teach English and/or Bible stories.

Classes take place on **Monday mornings, 10am-12pm** in Zion Bishan Church.

Please contact **Cynthia Ng ( 98577696 )** for more info.

### BGST Türkiye Study Tour:

#### "Walking With Paul, Seeing With John, Praying with the Fathers"

19 - 30 Sep 2026 (12D/11N)

Co-Lecturer and Guide: Dr Quek Tze-Ming

We'll follow Paul's missionary journeys, visit the Seven Churches of Revelation, and explore the world of the early Church Fathers across places like Ephesus, Laodicea, Cappadocia, Nicaea, and Istanbul. Expect meaningful learning — plus unique experiences like a Mediterranean cruise, optional hot air balloon ride in Cappadocia, and rooftop views over the Grand Bazaar. Come join us and experience what it's like to walk with Paul, see with John, and pray with the Fathers.

Brochure: [bg.st/TurkiyeBrochure](https://bg.st/TurkiyeBrochure)

Register your interest:

[bg.st/TurkiyeTour26](https://bg.st/TurkiyeTour26)

## **The Woven – Interserve Singapore**

And the angel said to me, “Write this: Blessed are those who are invited to the marriage supper of the Lamb.” And he said to me, “These are the true words of God.” - Revelation 19:9 ESV

Dear brothers and sisters in Christ, Come and catch a glimpse of the day we, His sons and daughters, await — the marriage supper of the Lamb.

Interserve invites you to join us for a special evening. An evening to participate in the grand tapestry of His work. A night of real stories from field workers in hard places, refugees and beloveds work, brought to life through drama, storytelling, music and the arts.

Get your tickets here:

<https://agathos.be/events/The-Woven-An-Evening-of-Stories-and-Hope-or-30-January-2026-55301>