

BE STILL

P S A L M 4 6

#GetRest

ENGLISH SERVICES

**VOL 17 NO 3
18 JAN 2026**

Order of Service

Call to Worship

Doxology

Worship in Songs

AM: O Lord My Rock and My Redeemer; The Goodness of Jesus; Still

PM: Blessed Be Your Name; The Goodness of Jesus; Christ Be in My Waking

Scripture Reading: Proverbs 4:1-5, 20-27 (ESV)

Message: Means of Grace: Keeping our Hearts

Response Hymn: O Great 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

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

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

Join us on Telegram / WhatsApp

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

zionbishan.org.sg/broadcasts

Serving You Today

Speaker: Ps Danny Chua

8.30am

Service Coordinator: Sharon Quek

Worship Leader: Eld Tay Beng Hwee

Vocalist & Musicians: AM Music Team 3

10.30am

Service Coordinator: Dn Tiew Chew Meng

Worship Leader: Eld Chuah Chin Yew

Vocalist & Musicians: AM Music Team 3

4.30pm

Service Coordinator: Lee Jen Wei

Worship Leader: Eld Roland Low

Vocalist & Musicians: PM Music Team 3

Pastors and Ministry Staff

E-mail: user ID followed by @zionbishan.org.sg

Rev Dr Alby Yip, Senior Pastor	<i>alby</i>
Rev Dr Dev Menon, Pastor	<i>dev</i>
Rev Lim Jit Thye, Pastor (Cant-Mand)	<i>jtlim</i>
Rev Daniel Nge, Pastor	<i>daniel</i>
Rev Vernon Quek, Pastor	<i>vernon</i>
Rev Ng Zhiwen, Pastor	<i>zhiwen</i>
Rev Paul Yeo, Pastor (Hokkien/Mand)	<i>paul</i>
Rev Chris, Asst Pastor (Tamil)	<i>christopher</i>
Rev Danny Chua, Pastor	<i>danny</i>
Mrs Emily Quek, Special Projects	<i>emily</i>
Ms Elizabeth Hira, Children's Ministry/DHF	<i>hira</i>
Mrs Sha.ron Quek, Overseas Ministries	<i>sharon</i>
Dr Quek Tze-Ming, Ministry Staff	<i>tzeming</i>
Mrs Jacqueline Ong, Youth Ministry	<i>Jacqueline</i>
Mrs Vanessa Khoo, Women's Ministry	<i>vanessa</i>
Mr Joel Khoo, YAs/Discipleship	<i>joel</i>
Mr Timothy Ong, Missions Education	<i>timothy</i>
Rev Dr David Wong, <i>Advisory Pastor</i>	
Rev Dr Quek Swee Hwa, <i>Pastor Emeritus</i>	

Confidential Care & Counselling:

care@zionbishan.org.sg

Means of Grace: Keeping our Hearts

Proverbs 4:1-5, 20-27

1. Introduction: The Means of Grace

2. The Means of Grace help us Keep our Hearts by (Proverbs 4:23)...

Heeding the Father's instruction to His children (Prov 4:1-2)

That our hearts may hold fast to His words and we live
(Prov. 4:3-5, 20-27)

3. Because Our Hearts...

Can be hypocritical (Matt. 15:1-9)

Can quickly harden and go astray (Heb. 3:8-15)

But have also been renewed by the Spirit (Heb. 10:16, 22)

And is where Christ must dwell (Eph. 3:14-19)

4. So let us enjoy our God-given Means of Grace of...

The Word: Hearing our Heavenly Father

Prayer: Speaking to our Heavenly Father

Discussion Questions:

1. What are some things that draw and lure your heart at the moment? Ask the Lord to search you and show you what they are, and why they draw you away.
2. Do you agree with Prov. 4:23 that your heart needs guarding “above all else”? Why or why not?
3. Means of grace have no power in and of themselves to transform us, but they give us a channel to keep receiving more of Jesus. Is this how you view your spiritual ‘habits’ or practices? Why or why not
4. Consider the two means of grace: Word and Prayer. How would you like the Lord to help you grow in these, so that you can receive more of Christ this year? Seek His help in prayer for this.

Prayer Points

Our Church

Bishan Home – Thank God for more than 27 years of this ministry's running. Today, as many as 60 residents gather twice a week for worship songs and bible lessons organised by different volunteers. Thank God for the love and faithfulness of our many volunteers and may God renew their hearts for service this year! Pray also for God to continue using these weekly interactions and engagements to grow the simple faith of the residents and build a welcoming and encouraging community with Him at the centre.

Youth Ministry 2026

Parents Contact Time: Pray for our youth ministry team and the parents of our youths, as they meet today. May the Lord grant us alignment in our vision of seeing every youth become a disciple of Jesus, a journey that stems from faith displayed at home, supplemented by Youth Discipleship (YD) groups and our Youth Fellowship (YF). Pray for the parents among us, for consistency in displaying Jesus' love, and for continued patience through the up-and-downs of teenage years.

Ministry Leaders: Our YF and YD leaders will also be gathering for a time of equipping and encouragement next Sunday, 25 Jan. Pray for unity, as we learn to go to our Father in prayer to seek His heart for our youths. Pray especially for our twenty YD leaders who meet with small groups of youths weekly, for strength and joy as they seek to care for our youths and teach God's word. Meanwhile, YF has begun the new year's calendar, with the new committee led by Ethan Tiew, Natanael Tan & Anna Goh. Pray for over fifty of our YF-ers to grow into a Christ-centred community, while they come and see who Jesus is through the gospel of John.

Our People

Brother E & Sister N – Praise God for a good trip to West Asia by our current apprentices, E & N, who are exploring long term gospel work in this region. They visited churches and met with gospel partners and also heard about what God has been doing through the church and in the various countries in the Arab world. May God clearly direct their paths as they prepare for next steps.

Last Week

Sunday Service	Attendance	Offering
English Service Livestream*	16	
English Service 8.30am	207	\$798.20
English Service 10.30am	553	
English Service 4.30pm	267	
Chinese Service livestream*	9	
Chinese Service 8.30am	82	\$962.00
Cant/Mand Service 10.45am	81	\$787.00
Mand/English Service 10.30am	51	\$1,168.00
Hokkien Service	68	\$545.00
Tamil Service	10	\$892.00
DHF	24	
TOTAL	1368	\$5,152.20

*Livestreaming peak concurrent viewers

Electronic Transfer	\$80,206.66
Weekly Total	\$85,358.86

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

GENERAL PROJECTS FUND

Electronic Transfer	\$4,497.50
Weekly Total	\$4,497.50
Total Gift Received To-Date	\$6,031,615.67

Church Family News

1. Ps Vernon will be on paternity leave till 21 Jan.
2. Ps Dev is preaching at Emmanuel BPC this morning. He will be overseas from 21 – 26 Jan.

A&A Building Project

1. Level 4 will be closed for access from 19 - 24 Jan as resurfacing of corridor flooring will take place during this week. No activities will be held in Chapel nor Audi throughout this week.
2. ZBK will be using the Fellowship Hall area as alternative children's play area from Mon 19 Jan onwards as both the playground and open deck are closed on Level 2 for hoarding work.

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

Looking Ahead

Fri, 23 Jan

8.00pm: Prayer Meeting

Register at zionbishan.org.sg/fpm

Sat, 24 Jan

4.00pm: Youth Fellowship

Register at zionbishan.org.sg/yf

Sun, 25 Jan

Worship Services at 8.30am, 10.30am & 4.30pm

Jan Series: Be Still

25 Jan – Time and Space

Dr Quek Tze-Ming

1 Samuel Series

1 Feb – Samuel Overview

Ps Danny Chua

8 Feb – A Barren People

(1 Sam 1:1-20)

Ps Vernon Quek

15 Feb – Hannah's Prayer

(1 Sam 1:21 – 2:11)

Ps Ng Zhiwen (8.30am & 10.30am)

Ps Danny Chua (4.30pm)

22 Feb – Eli: A Corrupt Priesthood

(1 Sam 2:12 – 36)

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 and we will put someone in touch with you as soon as possible!

Reflecting on Romans

Romans 15:4 For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope. May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Therefore welcome one another as Christ has welcomed you, for the glory of God.

When Paul spoke of the things “written in former days” that were “for our instruction,” he was referring to the Old Testament Scriptures. We Christians today consider Paul’s own writings—including his Letter to the Romans—as “written for our instruction.” So, what have we been instructed in our sermons in Romans throughout the past year? Well, to jog our memories and so continue in “endurance and encouragement,” even into this year and beyond, here are some reflections, collected from among you:

Eeling Shankar:

When I found out we were going to be doing Romans, my initial thoughts were “oh, this is going to be challenging but interesting”. I was readying myself to wrestle through Paul’s complex and complicated way of writing and get some good theological grounding. However, as we dug into it through the AG Bible Studies and the sermon series, I appreciated the big picture approach to Romans that helped me get a refreshed vision of God’s heart to save the world. It was also personally assuring to be reminded of God’s unconditional, sacrificial and generous love for me—nothing that I have done is beyond the reach of God’s love; He has loved me from the very beginning and He will love me to the end. As a beneficiary of such bountiful grace and love, I have been challenged to love as Jesus loved: unconditionally, sacrificially and generously. This must be the pattern of those who follow Christ, the pattern in my household of 2 (yes, even loving the one I chose to marry can be challenging at times), the pattern of our AG and our Church.

Susan Foo:

I was excited to begin the Romans series, even though I had studied the book before, because it provides a clear, step-by-step foundation for Christian faith and life. The study felt like a catechism, explaining what to believe, why it matters, and how to live it out. Romans powerfully moves from the depth of human brokenness to the greatness of God's grace, and from the scope of God's redemptive plan to practical guidance for everyday living.

Throughout the series, I was reminded that God's grace is greater than sin and His mercy surpasses failure—grace always comes first. (Romans 5:20). The study emphasized that true faith leads to a transformed life marked by obedience (Romans 1:5 & 16:25), empowered by the Holy Spirit (Romans 8). Our AG benefited greatly from these teachings, being encouraged to live out faith daily, pursue a Spirit-filled and consecrated life, and participate more boldly in God's mission by witnessing to family, neighbours, and friends.

Deacon Justin Low:

Romans has been a book that has been studied multiple times over the years in our church so I was looking forward to a 'refresher' since it is heavy on the theological aspects of the gospel. Admittedly, it did get a little tiring towards the end of the year but I do look back feeling that my understanding and love for God has grown because of knowing how amazing His Gospel is.

God has spoken to me that the Gospel is so much more than just the amazing news of God forgiving our sins, which is so often our main focus of evangelism. We shortchange ourselves if we do not embrace what God desires so much more from us relationally, and just land up struggling with sin (Romans 7) and having doubts about God's mercy. But God wants a deeper relationship with us by offering us peace (Romans 5) and life in the Spirit as His adopted children where there is no condemnation or separation with God's love (Romans 8). This gives us assurance despite our sinful nature to persevere to glorify God through our lives as guided by the rest of Romans 12-15.

Lisa Chan:

There are two distinct things that I recall of Romans:

1. Amidst all the framing of our sinfulness and the Righteousness of God, we are to welcome one another as Christ has welcomed us (15:7). This causes me to reflect as to whether I (as part of Church) am welcoming... are we as ambassadors for Christ known for our love (like in Romans 16)?
2. Sin as something so vast beyond us, yet we as children of God are called to live not as slaves to sin, but free: Freedom as experienced practically by depending on the Holy Spirit, rather than our own ability, to resist sin and live righteously. (8:4)

Some concrete changes that came about included living more in surrender to Christ, seeking the Spirit's guidance in guiding my career moves and relationships. In October this year, I felt God was leading me to leave my job to pursue implementing affordable housing as Business as Missions; yet after laying everything on the line (I actually told my bosses I was leaving), somehow things did not turn out as expected. I will still be active in the space, but in a different capacity in the meantime. This experience has taught me to surrender all aspects of life to God (lifestyle, money, timeline, job, career) - it was really stressful! The key theme being 'living sacrificially' — offering ourselves as a living sacrifice, holy and pleasing to God (12:1). I can't say I'm entirely there yet, it's still a struggle to daily surrender— to live truly as though Christ and the Kingdom of Heaven are worthy... not conforming to the world but be transformed by the renewing of our minds, that we may prove what is that good and acceptable and perfect will of God (12:2).

Quek Aik Wu:

I used to read the Book of Romans primarily as a scholarly treatise on doctrine. After this past year of sermons, I have come to realise that Romans is as much a book on Christian ethos as it is on doctrine.

Romans 15:1 confronts me with an obligation—not to avoid, not to ignore, not merely to *tahan*, but to bear with the failings of the weak. I am called not only to accept, but even to embrace, those with such failings. In humility and faith, I

am asked to set aside my personal preferences, and perhaps even my convictions, for the sake of Christ and His Church. This is indeed a hard saying. Pride is often the catalyst for conflating preferences with convictions. As Romans 12:3 warns, I am “not to think of myself more highly than I ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.”

As I grow older, my ways and body tend to become stiffer. Romans reminds me that I must remain graciously supple, so that the measure of my faith may increase and the body of Christ may thrive.

Nancy Tan:

Sin is bigger than we think. Grace does not mean license to sin. We need to be watchful and not let sin enslave us. (Romans 6:15-16). I am reminded of how helpless I am, and the power of the Holy Spirit to free me from sin. We were once slaves to sin but now we should be slaves to righteousness and cannot continue to give in to sin. Faith should lead to obedience and ultimately sanctification – that is the transformation I should experience, which is related to ...

Jesus Culture – the way of life in the Spirit that Jesus desires of us. Belief shapes behaviour. This made me reflect on my behaviour at home and at work:

- Love one another with brotherly affection (Romans 12:10)
- So far as it depends on you, live peaceably with all (Romans 12:18)
- Owe no one anything except to love each other (Romans 13:8)

Also, with so many Christian denominations, Romans 14 has been a good reminder that we should not be caught up in trivial differences:-

- In essentials – Unity
- In non-essentials – Tolerance
- In all other matters – Love

Clinton Shi:

I began Romans expecting theology from Paul’s longest letter, and was very quickly undone by the depth of sin (Rom 1:18-3:20) and my need for the gospel (Rom 3:21-26).

God's mercies now press Rom 12:1 upon me: costly, uncomfortable obedience, deeper repentance, prayerful dependence, and intentional gospel conversations with those around me, starting from my own family and AG!

Claudia Chew:

Romans Ch 9-11 in particular expanded my view of God's mercy and wisdom in His cosmic plan to save all nations, including the Jews - His own people who had rejected Him. Even when faced with unanswered questions, such as the salvation of close friends or loved ones, I am comforted knowing that I can trust God's character and His wisdom that extends far beyond my own (11:33).

Zoeleen Koh:

I was excited to delve deeper into Romans in a more structured way. The initial part of Romans, however, was heavy, having to confront with the (and my) wretchedness of sin. But as we progressed through the book, it transformed to one of deep gratitude as I understood deeper, God's grace for my salvation.

God has, by His grace, reordered my heart through the Romans series. I was confronted with the fact that I am often, ashamed of the Gospel and that any kind of deep transformation has to be God's work -which I have seen it at work this year.

Romans 7:4 and Romans 13:8 have been particularly poignant. I have been very challenged by the truths that my redeemed life means belonging to Him for a life of fruitfulness for God (Rom 7:4), with the tangible expression of living a life that owes a debt of love to others (Rom 13:8).

Two concrete changes/commitments that arise:

1. Owing a debt of love in the workplace. I found myself thinking about the salvation of my colleagues daily and being more intentional to pray for their salvation and for Gospel/ faith conversations to take place (this is God's work and grace in me; my introverted nature would have me go on my daily life 'minding my own business'). Owing a debt of love has also shaped the way I make decisions at work and build relationships with my colleagues.

2. Not being ashamed of the Gospel (Rom 1:16). Challenging myself to cross my fear barriers to engage in convo starters that can lead to faith convos -e.g. during taxi rides. The outcomes have proved to be very encouraging.

Chang EnQi:

When we embarked on our study of Romans, I expected an intellectual challenge. But Romans is also a very 'heart' book, as I discovered in 2025.

My first key takeaway from Romans (7 and 12) is our mind as a battlefield. In the here but not yet, while our minds may be set on the Spirit, our flesh still struggles with sin. We have to remember that our minds can be set on the spirit and compel our actions (with God's help) . What we think/meditate on is so important!

Second, that the sufferings of this present age are not worth comparing to the glory to be revealed. This was refreshing after the preceding chapters of battling the power and presence of sin, and also the brokenness of this world.

Finally, loving others and community is important to gospel witness and missions. It's interesting that after Paul talks about beautiful feet of those who bring good news and building where others have not laid a foundation, he doesn't talk about his strategies to preach the word or plant churches but goes on for quite a bit about loving each other.

Personally, I've been learning to pay more attention to what I'm thinking, my philosophies, my assumptions about others and to align it with scripture. I've also thought about being more intentional about the community God has placed around me.

Announcements

SENIORS360 Event

CNY Community Blessing

In partnership with St Luke's ElderCare

Join us as we distribute goodie bags to seniors at Bishan East neighbourhood. Get to know the residents and share with them about Zion / SLEC seniors' ministries. Invite them for the CNY Friendship Meal.

8 Feb 25 (Sun) 1pm - 3.30pm

Meet at Block152B for a short briefing and prayer.

Sign up by **4 Feb**:

<http://rebrand.ly/s360feb26>

Adult Discipleship Class

Deepening Our Relationship with God - #GetRest

Refreshing our Spiritual Practices led by Scuter Koo

Classes from **2 - 4 pm, L3 Conference Rm**

1. Prayer – 7 Mar

- *Why don't I pray more?*
- *Why is it so hard to pray?*

2. Word – 4 Apr

- *What should I expect or be looking for when reading the Bible?*

3. Rest – 2 May

- *What does it mean to rest in Christ?*
- *How is this different from secular rest?*

20 pax/class.

Registration required.

Sign up before **31 Jan** by emailing scuterkoo@gmail.com

Participants will be expected to engage in discussion.

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) if you need a hardcopy form.

Sign up by **25 Jan**:

<https://tinyurl.com/ZBCatechismClass>

ZB Youth Ministry

ZB Youth Ministry is calling for youths to be connected to the ZB church family — join us for **Youth Fellowship on Saturdays**, and **Youth Discipleship groups on Sundays**.

Speak with **Jacqueline (93227629)**, **Dns Ee-Wern** or **Dns Larissa**, if you know someone in their teens interested to join, or if you'd like to find out how you can serve our ZB youths..

BGST

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.

Brochure: bg.st/TurkiyeBrochure

Register your interest:

bg.st/TurkiyeTour26