

BE STILL

P S A L M 4 6

#GetRest

ENGLISH SERVICES

**VOL 17 NO 4
25 JAN 2026**

Order of Service

Call to Worship

Doxology

Worship in Songs

AM: Open the Eyes of My Heart Lord; Only a Holy God;
Jesus I am Resting, Resting

PM: Living Hope; Sweet Hour of Prayer; Hosanna; As the Deer

Scripture Reading: Isaiah 58:13-14; Matthew 6:19-21 (ESV)

Message: Space and Time: Building Habits for Heart Work

Response Hymn: Christ Be In My Waking

Mission Focus; 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: Dr Quek Tze-Ming

8.30am

Service Coordinator: Dn Justin Low

Worship Leader: Dn Lim Nan

Vocalist & Musicians: AM Music Team 4

10.30am

Service Coordinator: Tim Ong

Worship Leader: Eld Michael Gan

Vocalist & Musicians: AM Music Team 4

4.30pm

Service Coordinator: Dn Peter Wang

Worship Leader: Eld Reginald Tan

Vocalist & Musicians: PM Music Team 4

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

Space and Time: Building Habits for Heart Work

Isaiah 58:13-14; Matthew 6:19-21

Recap: “Keeping our Hearts”

Habits: Limiting Space and Time

Painful Hour

Broken Things

Stammering Words

Conclusion: Delight ... and Sabbath Again

Questions for Reflection and Discussion:

1. Do you have a positive or negative impression of “habits”? Why?
2. How do you (habitually) recognize that you are beloved by God? In what ways do you (habitually) confess your dependence on God? Do any of these ways or practices involve the use of your physical body (touch, posture)? Why or why not?
3. What would you and/or your family do differently this Lord’s Day (and the one after)? What are some ideas you have heard from the January series that you want to revisit and focus on?

Prayer Points

Our Church

2026 Sermon Series – As we continue reflecting over and rediscovering rest in Christ this year, we begin our next sermon series in the books of 1-2 Samuel. May the Lord speak to us in this season through the wonderful narratives of Samuel. May the Spirit teach and show us the kind of King we have are privileged to live under in King Jesus. May we grow as a church family in leaning on this King's sovereign rule and running to Him daily.

AG Leaders – Let us commit to prayer:

1. **Basic AG Leaders Equipping:** the 6 leaders/potential leaders who joined in this round of the BAGLE course, which ended with a half-day retreat yesterday. May the Lord help these brothers and sisters minister to their AGs out of a joyful union with Christ, and walk sustainably in the path of service.
2. **AG Leaders Training & Fellowship:** both the #GetThroughSermonSeries and SPUR sessions which have begun for the year, let us pray for 60 and more AG leaders and teachers who have committed to journeying in God's Word this year and ministering to their AGs. May they grow in intimacy with the Father and in Christlikeness, and serve in the power of the Spirit.

Heartlands Bible Discovery – Thank God for giving us His heart for the lost, and a desire to bridge the gap for new Christians and unbelievers, through making Bible reading, worship and prayer in community available and accessible to others. Pray for our next steps, and His continued leading and provision for this ministry.

Our World

MCEL Churches - Pray for Ps Paul and brothers Hong York, Judah Koh and Jen Wei who will be travelling to the Malaysian Christian Evangelistic League (MCEL) churches this weekend. Pray for safe journeys, good health, and good fellowship among the team. Pray that the Lord will strengthen the three churches of MCEL to stand firm in the truth, and remain united to witness for Christ in an area where people are deeply rooted in traditional beliefs

India – Our partner in North India, brother T, shared that there has recent cold waves in his region. Many people are getting sick and some major illness linked to the brain and heart are on the rise. Pray for protection for the vulnerable in the community. They are also starting a small business to provide for the livelihood needs of the gospel workers in their ministry. They were hoping to start in January but there have been some delays in the project. Pray for wisdom and perseverance to manage these challenges.

Last Week

Sunday Service	Attendance	Offering
English Service Livestream*	11	
English Service 8.30am	232	\$642.15
English Service 10.30am	527	
English Service 4.30pm	233	
Chinese Service livestream*	9	
Chinese Service 8.30am	87	\$861.50
Cant/Mand Service 10.45am	80	\$363.00
Mand/English Service 10.30am	59	\$1,417.00
Hokkien Service	60	\$1,131.00
Tamil Service	9	\$297.00
DHF	24	
TOTAL	1331	\$4,711.65

*Livestreaming peak concurrent viewers

Electronic Transfer		\$74,085.64
Weekly Total		\$78,797.29

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

GENERAL PROJECTS FUND

Electronic Transfer		\$3,826.52
Weekly Total		\$3,826.52
Total Gift Received To-Date		\$6,035,442.19

Church Family News

1. Ps Dev is overseas until Mon, 26 Jan.
2. Congratulations to Esther Tan and Yousef Gamil upon entering holy matrimony, solemnised in Cairo, Egypt, on 24 Jan 2026!

A&A Building Project

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, 30 Jan

8.00pm: Prayer Meeting

Register at zionbishan.org.sg/fpm

Sat, 31 Jan

4.00pm: Youth Fellowship

Register at zionbishan.org.sg/yf

Sun, 1 Feb

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

1 Samuel Series

1 Feb – Samuel Overview: Who will be King?

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!

'Are we beginning to Get Rest yet?' #GetRest

We've come to the fourth and final Sunday in our January Sermon Series on Rest – kickstarting our Year of Rest here at Zion Bishan.

So let me ask you a question: What have you learnt about rest so far? What has really struck you about what rest is and what resting well looks like? What has the Lord convicted you to put into place in your life?

I've been reflecting on how to personally grow in this area this coming year, and what to pray for the Lord to do in our church family this Year of Rest.

As the preaching team has mentioned repeatedly, the way to rest this year is not to drop everything and do nothing (although it is wise to ask if we should slow down in some areas). I know the temptation for many of us who are tired is to desire that this year we can just pause and get rested. While this is a beneficial goal, I believe it's not the ultimate goal of what I hope for myself and all of us this year. It's not enough to just be able to say at the end of 2026 that we're rested and ready to do more.

Instead, my great desire this year is that we will really grow in our understanding of what it means to have the rest that our Lord Jesus offers – the easy yoke and light burden that means real rest for our souls!¹

In other words, I hope that we will really GET (understand and grow in wisdom about) the REST that Jesus is offering.

This might not actually mean that we're physically rested at the end of 2026, but if we really #GetRest - if we really know how to find our rest in Christ - then I would consider this year a success!

The author of Hebrews gives us a really helpful reminder about **God's Rest**:

¹ Matthew 11:28-30

⁷Therefore, as the Holy Spirit says,

“Today, if you hear His voice,
⁸do not harden your hearts as in the rebellion,
on the day of testing in the wilderness,
⁹where your fathers put Me to the test
and saw My works for forty years.
¹⁰Therefore I was provoked with that generation,
and said, ‘They always go astray in their heart;
they have not known My ways.’
¹¹As I swore in My wrath,
‘They shall not enter **my Rest.**’”²

The author here is quoting David in Psalm 95, and goes on to explain and exhort us:

⁹**So then, there remains a Sabbath Rest for the people of God,** ¹⁰for whoever has entered God's Rest has also rested from his works as God did from His.

¹¹**Let us therefore strive to enter that Rest,** so that no one may fall by the same sort of disobedience.³

Here's what I find so helpful to remember this year. God has an ultimate and eternal Rest reserved for us – it is coming for all who hear His voice, obey and follow King Jesus.

Which means that what you and I really need to learn this year, is how to strive well together to enter that Rest. To use some of the terms we've heard over the last few Sundays: we need to find our rhythms of rest, our means of grace – not just so we can rested the way the world thinks of rest, but so we can joyfully and healthily continue striving together to enter the never-ending Rest that is soon to come!

Do join me in praying that the Lord will teach us many things about striving well together this coming year.

² Hebrews 3:7-11

³ Hebrews 4:9-11

Announcements

Christianity Explored (CE)

Wednesday Evenings 7.30-9.30pm

Table Host Dates: 18 Mar - 1 Apr & 3 Jun

Course Dates: 8 Apr - 20 May

Whether you would like to join us as a volunteer Table Host, or as a participant or bringing a friend, save the dates for the next run of CE! Sign up details to come.

For any enquiries, please contact Jen Wei (87992460) or Melvin (89765019)

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>

Extraordinary Congregational Meeting 2026

1 March (Sun) 1pm

Please confirm your email with the church office and inform lydia@zionbishan.org.sg of any change of email or home address.

Please scan and record your Holy Communion by **1 Feb.**

Samuel Sermon Series Booklets

We begin a new sermon series in the book of Samuel! Printed booklets of Samuel will be available next week onwards, with space for note-taking to help us follow along the series. You may pick up a copy at the registration table before service, and Paynow/Paylah to 92394160 –

A5 booklets (\$2.40 each) or

A4 booklets (\$4.80).