



Young Teens Department Promotional Sunday

The Young Teens Sunday School gives biblical instruction to those ages 13 to 16 years old. Ministering to young teens is not an easy task - it takes much dedication and ingenuity to reach out to them and make the Bible understandable and applicable to them. Knowing that many of the teens who attend have grown up in church, the instruction must not only reinforce what has been learned in their childhood through reminders and re-instruction, but it must be applied with fresh insights with contemporary examples. This helps the Bible student to realize that the Bible is a living book that is most relevant to them in their everyday life - that it is the Word of God in practice and not just in study.

their senior partner, journeys with them. And it is our prayer that with the influence of the Sunday School, the teens may develop a love for God's Word.

The Sec 1 to 3 classes are studying various bible lessons from both the New Testament and Old Testament while the Sec 4s are studying the Westminster Confession of Faith. We pray that the lessons learnt would direct our students to Christ, and that they will love the Lord and obey Him. We also pray that the Lord would give the teachers opportunity to minister to the parents of the teens as well, and to encourage them in their family life - that Christ should be spoken of often in these

formative years, lest their children be given to the devil even though they were dedicated to Christ.

Each first Sunday of the month, we gather together as a department to have 'Open Sunday'. We will have a time of singspiration and a message in our 'Open Sunday'. This year the 'Open Sunday' is a combined effort with the Church's Youth Ministry. The theme for our 'Open Sunday' is "The Adventure - A teen after God's own heart". The messages planned hoped to direct the teens to know what God's priority in their life is for them. And we hope the teens will learn, understand and connect the truths they have learned into their personal life. The open Sunday is held at the Chinese Service Hall at the back of the Church Sanctuary.



Open Sunday at the Chinese Service Hall at the back of the Sanctuary

Apart from the formal Sunday School lessons, we hope to share God's involvement in our lives by relating our daily experiences with the teens. It is our prayer that we, who have experienced how God has been a very present help and guide in our lives, can pass this onto the Sunday School class. By God's grace, we hope that our teens can live each day with inner peace and joy that is independent of circumstances, knowing that God,

If you are between 13 to 16 yrs old or a parent, whose teenage child is not attending any Sunday School Class, we invite you to join us every Sunday from 9.30am to 10.30am. Just drop by any of the classes and we will be there to welcome you! Alternatively, you may contact Shao Sheng at hengss@lifebpc.com to find out more about the Young Teens Sunday School.



On the following three pages, we are going to read the testimonies of last year (2009) Sec 4 girls who went through a year's study of the Westminster Confession of Faith. You will read of their struggles to understand the Confession. However, we can also rejoice because the Lord opened their spiritual eyes, mind and heart to receive His Word and with the newly acquired biblical knowledge, they are able to apply God's Word in their lives even more.

Lee Shuyi

After a year's study of the Westminster Confession, I can honestly reflect that it has been very beneficial for me. Our study book, "Understanding Biblical Doctrine" was both a clear and a concise guide to the 13 areas of doctrine we explored over a year. It was beneficial because by answering the questions and searching the Bible systematically, the doctrines were easier to understand. The Lord also helped all of us in understanding and applying these truths to our

lives through our teachers and we would also discuss any questions or confusions that came up. I thank God for teaching me so much through this year of Sunday School, for learning these basic doctrines have been a fundamental guide to my thinking and being a Christian. It has greatly helped me to appreciate God's sovereignty and wonderful plan for all of us, especially

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the Plan of Salvation and The Church. Learning the Bible Presbyterian stand has also enabled me to explain more clearly to my other Christian friends what our church believes, and has helped me to answer some of my friends questions in a manner that is more based on the Bible. It really is a very good resource for not just our own spiritual growth but also to reach out to others, Christians and non-Christians alike.

Initially when we started the year on this study, I was anxious that I would not really understand what was going on or that it would be boring. But by God's grace, I saw the lessons come alive as we searched the Scriptures and I truly felt joy as slowly the truth was revealed in each and every lesson part. At times though it was a struggle to continue studying God's word faithfully because of the many things that distract us, but I can earnestly testify that discovering the truth is like a refreshing drink of water in a desert. Understanding parts of the Bible that previously baffled me was amazing and at times I suddenly felt like a light come on in my head and enabled me to see something I never really understood before. Praise the Lord for opening our minds to know Him more...for by our own sinful selves we could never comprehend spiritual things.

In conclusion, I would like to urge all of us not to take Sunday School for granted. One thing He has shown me this year is that He allows us to learn about Him and puts our teachers above us for a good purpose always. May He find us faithful in knowing Him more deeply.

Sandy Chen

As I was born into a non-Christian family, I think one of the biggest disadvantages is that I do not get to learn about God's word when I'm at home. Also, as a fairly new Christian, there are indeed so many things that I do not know about, yet the messages on Sunday can't possibly cover everything I want to learn. I think the Westminster confession workbook has taught me the very basics of Christianity and built a foundation for me even as I grow as a Christian. Firstly, I'm very glad that I got to study this book while I'm a new Christian as it cleared many of my doubts (e.g. Why should I share the gospel since everyone who should be saved will be saved anyway?). Also, as we are growing up and moving into the society soon, I think it's very important that we get our basics right so that we can be very sure of our answers when others ask (e.g. simple things like Jesus was fully God and fully man while He was on earth). Thirdly, there are some things that I was unsure of at first (e.g. what does justification and sanctification mean?) but it seems so basic that I do not dare to ask. I'm glad that it was all covered and I think I have really grown (in terms of head knowledge). Lastly, I think I benefitted most from the details provided at the back of the book. From the extra information and bible verses provided, it enabled me to fully understand the lesson and also be convinced when I read the bible verses.

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Huixian

I have benefitted a lot from studying the Westminster Confession. I managed to get a better understanding on biblical doctrine. It has aided me to reflect on my life, actions and thoughts. Through these lessons, I am able to gain a better knowledge about different views and ways things were done, such as the traditional ways church has administered the Lord's Supper, different views about the second coming of Christ etc. It was through God's grace that I was able to pay attention in class and that I was able to learn much.

Tabitha Lee

Through the year-long study of the Westminster Confession of Faith, I have come to understand more thoroughly some of the basic doctrines we believe in. As a second-generation Christian, I tend to use Christian jargon and gloss over

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important concepts that have been taught to me since young. This year's Sunday school lessons have made me really sit down and think about 'familiar' concepts, only to find that they aren't that familiar at all. I'm thankful that the lessons helped to clear some of my doubts and make certain concepts clearer to me.

We used a workbook which basically comprises of many questions, scriptural references and notes. Before each lesson, we had to attempt the questions on our own. This would probably be the first time I checked up scripture to see for myself if what Life Church has believed in is in line with God's Word. It has taught me the importance of going

better understanding of biblical doctrine, as I often found it hard to understand what the bible is saying and as a result, I am able to apply what I have learned from there.

Jamie Kok

In Sunday school this year, the sec 4's went through the book on understanding biblical doctrines. I guess, it was important to learn and understand what we really stand for and it really brought new insights on my Christian's life. The lesson on the plan of salvation using the Five Points of Calvinism "TULIP" showed me time and time again that salvation is God gift to me and really that there is no way that I, in my own strength could have bought it. This really showed what a loving God we served

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back to God's Word and being diligent to study it. We do well to follow the example of the Christians in Berea, who "received the word with all readiness of mind, and searched the Scriptures daily, whether those things were so." Acts 17:11b

One of the most impactful lessons was Eschatology. We merely scraped the surface of it, but I was shocked because there was so much that I didn't know. I remember being very shaken after that lesson because I finally realized how important it is to study about the end times. I also realized how I had not been giving much attention to studying God's Word. We spend so much time studying Maths, Science, the Arts... But how much time do we spend studying the Bible - God's inspired Word?

The Lord asks in Proverbs 6:9, "How long wilt thou sleep, O sluggard? When wilt thou arise out of thy sleep?" I'm glad that this year's Sunday school lessons have awoken me out of my spiritual slumber and challenged me to study God's Word more. And today the Lord directs that question to you as well. What would your answer be?

Abigail Yeap

Studying the Westminster Confession helped me learn many things and understand better what the bible says. I have grown closer to God by studying his word and getting to know him better. It has given me a desire to learn more of his word. One thing that I have learned from studying the Westminster Confession is the importance of partaking the Lord's Supper in remembrance of how Christ has died for my sins and before partaking, I should take time to reflect on my past actions, behaviour and what Christ had done for me, another lesson I have learnt is about the second coming of Christ: the events which would happen when he comes, the final judgment and etc, this has made me ask myself whether I am prepared for the Lord's coming. The Westminster Confession has also given me a

whom provided the way of salvation for us. Also, lessons on eschatology really told me to be prepared and watch for the signs as our Lord's coming is near. It is not just the lessons that we have based on the book but also the time we spend talking and encouraging others that helped me in my spiritual growth. The short sharing on worries and how to overcome them through prayer really helped me to face the fear of the impending O levels, which I thank God that it is all over. I simply want to thank God for the lessons learnt here in Sunday school which I will try to apply in my everyday life.

Magdalene Huang

There is really so much to thank the Lord for as I look back on my Sunday School experience the past year. For one, we were blessed with dedicated teachers who were ready to clarify our doubts and were patient and encouraging. The course we were studying is the Westminster Confession of Faith. Though at times, Christians tend to find studying doctrine dry, rather uninteresting and even not directly related to life, but in fact, I have found how essential it is to have sound knowledge of God's Word and what we have learnt has benefited me much spiritually.

As we went through the various topics, I can testify that God has used the lessons to help me understand and know (not merely intellectually but also intimately) Him better. Topics on God's nature have opened my eyes to the various characteristics of God and this has helped when I praise him whether in personal or private worship. How else can we have a personal walk with Christ unless we know Him personally?

Although sometimes studying doctrine may at times feel academic and not applicable for real, everyday life, God has shown me time and again that this is not true, if only I ask "So what?" To use a common example, man's chief end is to glorify God and to enjoy Him forever. So what? I should then reflect on where God is in my life and who He

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is to me. Again, this is just one of the many learning points that I have taken home through the lessons.

Also as I study doctrine and God's Word, it literally helps me become more aware of what truth is. I've become more enlightened and I can say that knowing what God is saying has helped me lead a happier, more fruitful life. Indeed, Scripture gives a point of certainty from which we all can move forward; we don't have to debate over what is "truth" - and that gives more peace and joy.

The lessons have also equipped me with knowledge, especially when it comes to dealing with non-Christians or Christians from other denominations. I find that I have understood what I believe in a lot better and I am more confident of answering questions on my faith than before.

I must admit that there were times when doing the workbook and referring to God's Word became a task to complete rather than as a means to improving my relationship with God. But learning from the teachers and my friends, I always gain new insights about God and His word. I guess it comes down to a change in perspective. The Bible can be seen as a textbook, where we get mere answers to test paper questions, but it can also be seen as God's love letter to His children, a living, active communication from the Father who loves us. I think such a perspective has helped me to desire to study His word, meditate on it and understand what He wants to tell me.

Indeed, God has used Sunday School to bless me greatly and I pray that I will carry these lessons with me as I continue life's journey and even to be a blessing to the people around me.

"The law of the Lord is perfect, converting the soul: the testimony of the Lord is sure, making wise the simple. The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes."
Psalm 19:7-8

Nadia Ongkowidjaja

The past year of Sunday School lessons has really been enriching. It has not only taught me more about God but also what is expected of us by God. In the first lesson we were already introduced to the character of God, one of being eternal and powerful. This lesson is a reassurance, knowing that we have an all powerful, all knowing God who is always there for us and who would never ever forsake us no matter what. This same attribute of God is what helped me throughout this whole 'O' level year. When I was feeling very down or stressed with my commitments and studies, I looked to God for comfort, peace from Him. Each time I asked Him for peace, it seemed like He would answer my prayers straightaway. I'm really thankful that I have a God who cares so much for me. The attribute of God which I managed to learn and really understand is the one of love.

The believer is always to seek to be filled with the Holy Spirit for powerful service and growth in grace, but this fullness can be diminished by the believer's neglect and sins. This statement in lesson 5 of the workbook we're doing spoke to me. Many times I quench the spirit, neglecting God by not doing quiet time. There were moments when it was a struggle to stay awake during my quiet time as secondary 4 lives can really be a hectic one. It made me afraid that I was slowly growing further apart from God and becoming more like satan's child than I was of God's. I was more focused on getting good grades and doing my best in my commitments instead of doing my best for God. It made me u-turn back to God where I felt comforted by His word but sadly a Christian life is parallel to a roller coaster rides. There will always be ups and downs and I struggled to keep a balance. This is where the lesson of the plan of salvation comes in. Total depravity: Man's nature is sinful throughout; he is totally unable to save himself from the consequences of his own sin.

It is important to be a good testimony for others. The Christian is morally responsible for the effect of his actions upon fellow believers. We must not stumble each other no matter where we are, at school, church, everywhere! It's difficult to be that perfect Christian that we always want to be. We can never be! Our sinful nature just does not permit it. I've prayed many times that I'll be a good testimony for Him but living a good Christian life is tough. There are so many things in life that can just cripple you without you knowing instantly. It is later that we feel the guilt and plead for forgiveness from God. I'm still trying my best to be a good testimony for others.

The lesson which was an eye-opener was that of the Lord's supper. Many of us take it lightly. In this lesson we really learned how we should prepare ourselves before we partake the Lord's supper. One has to examine himself, understand and recognize the true meaning and thus apply it to our lives. In our class many of us were guilty of not preparing ourselves before partaking in it. Examine themselves, of their knowledge to discern the Lord's body, of their faith to feed upon him, of the repentance, love, and new obedience; lest, coming unworthily, they eat and drink judgment to themselves.

As I wrote this testimony, I was able to reflect on the lessons through Sunday school. These lessons are meaningful and it has taught me so much. Even though sometimes I may forget what I've learnt, the Holy Spirit which dwells within me will always be there for me, to keep me on track and to do God's will.

I have grown closer to God by studying his word and getting to know him better. It has given me a desire to learn more of his word.

***Proverbs 6:9,
"How long wilt thou sleep, O sluggard? When wilt thou arise out of thy sleep?"***

YOUNG TEENS OPEN SUNDAY PROGRAM 2010

THEME: The Adventure – A Teen after God’s Own Heart

Theme verse: Ecc 12:1-2

Date	Title	Speaker	Synopsis / Remarks
7 th Feb	Beginning the Adventure	Joel Seah	Remember thy creator... Ecc 12:1-2
7 th Mar	What’s your heart’s desire?	Eld Sherman Ong	Acts 13:22. The example of King David, a man after God’s own heart.
11 th Apr	“Pet Sins –Killer Monstor	Joel Seah	Adaption of Rand Hummel message with the same title.
2 nd May	What can you do?	Mark Chen	2 Pe 3:18. Make godly goals a reality through discipline.
6 th Jun	What makes you a teen after God’s own heart?	Eld Lim TC	Your salvation and God’s commitment. The 5 elements of Salvation and where do you stand?
4 th Jul	Making The Right Choices about Friends.	Alvin Chow	Prov 17:17. Be a friend and choosing them wisely.
8 th Aug	Winning the Battle Against Temptation.	TBA	Eph 6:11. The sin of man in temptation is in how we response to it. What then does God say we should do when tempted?
5 th Sept	Anxiety/Stress Free Living	Peter Koy	Matt 6:19-34. Learning to overcome anxiety / stress in daily living.
3 rd Oct	Pressing For the prize.	TBA	Phil 3:13-14. Perseverance and preservation of the saints
7 th Nov	How to have fun!	Mark Chen	A Christian concept of recreation.

Class	Teacher	Beulah Centre
Sec 1 Boys	Kwong Ann & Boon Siong	Rm 2-7
Sec 1 Girls	Susan & Mei Li	Rm 2-8
Sec 2 Boys	Daniel, Jeffery & Sin Wei	Rm 2-3
Sec 2 Girls	Lynette & Choy Fong	Rm 2-4
Sec 3 Boys	Michael & David Tan	Rm 2-5
Sec 3 Girls	Marianne & Hui Miin	Rm 2-6
Sec 4 Boys	Mark Chen & Poon Chin	Rm 2-2
Sec 4 Girls	Sharon & Chwee Eng	Rm 2-1