



# Lively Stones

I PETER 2:5

*Holding forth the word of life*

Issue 4, 2012

13 May 2012

## 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 student to realise 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.

Apart from the formal Sunday school lessons, we hope to share God's involvement in our lives by relating our daily experiences to 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 on to 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, 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.

For the year 2012, The Sec 1 to 4 classes are studying various bible lessons from both the New Testament and Old Testament. We pray that the lessons learnt would direct our students to Christ, and that they will love the Lord and obey Him. And we hope the teens will learn, understand and apply the truths they have learnt in their personal lives. We also pray that the Lord would give the teachers the 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.

We gather regularly as a department to have Open Sundays. We will have a time of singspiration and a message. The theme for our 2012 Open Sunday is **"My heart to yours - from an Elder"**. In accordance with this theme, we will have an Elder from the church to address the teens on an issue they feel strongly about regarding teenagers and their relationship with God. The message is meant to teach, rebuke, refute, convict, motivate and encourage our teenagers so that they be encourage to be faithful and obedient to God. The open Sunday is held at the former Chinese Service Hall at the back of the Church Sanctuary.

### Our Open Sunday Schedule for 2012

Date	Speaker
5th Feb 2012	Elder Sherman Ong
1st April 2012	Elder Ng Beng Kiong
6th May 2012	Elder Lim Teck Chye
1st July 2012	Elder Lee Heok Seng
2nd Sept 2012	Rev Calvin Loh
4th Nov 2012	Eld Tan Cheow Hock

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](mailto:hengss@lifebpc.com) to find out more about the Young Teens Sunday School.

Class	Sec 1 Boys	Sec 2 Boys	Sec 3 Boys	Sec 4 Boys
Theme	Lessons from Christ in New Testaments	Lessons from Old Testaments Portraits	Lessons from Early Church New Testaments	Themes from Old Testaments
Beulah Centre Level 2 & 4	Room 2-7	Room 2-3	Room 2-5	Room 4-1
Teachers	David Tan Kwong Ann	Jeffrey Chan Shao Sheng	Michael Ong Soon Hui	Joel Seow Sin Wei

Class	Sec 1 Girls	Sec 2 Girls	Sec 3 Girls	Sec 4 Girls
Theme	Lessons from Christ in New Testaments	Lessons from Old Testaments Portraits	Lessons from Early Church New Testaments	Themes from Old Testaments
Beulah Centre Level 2 & 4	Room 2-8	Room 2-4	Room 2-6	Room 4-1
Teachers	Mei Li Hui Miin	Choy Fong Lynette/Wan Xian	Sharon Seow Rachel Phang	Karen Marianne

**On 5 February 2012 our Secondary 3 Girls and their teachers has the opportunity to visit our Batam Mission Station and helped at the Sunday School !**

**Here, some teachers and students share their thoughts about the trip.**

**Rachel Phang (Teacher)**

It was an eye-opening opportunity to see the work by Sister Roska and her team in Batam. The tireless energy and dedication of the church workers to teach and nurture the children were inspiring to me as a Sunday School teacher. As we are taking the Secondary Three Girls through the early church period in class, having the girls experience what it is like church pioneering and supporting our missionaries I'm sure will help make what they are learning come to life. I would encourage other Sunday school classes to explore ways to reach out to our missionaries and show our youth how they can play a part in God's work.



*All Smiles and Ready for Mission*

**Kimberly Yeap**

This was my first time going on a mission trip and it was a great experience. I found the children in Batam really enthusiastic and eager to attend their Sunday School. They were very polite as the moment we entered the church, the older boys started setting up chairs for us. As we taught them "Jesus Loves Me" in English, they sang along and learnt the song very quickly. Despite the language barrier, we managed to help the children with their Art and Craft. But the thing that struck me the most was during the main worship service, the people sang their hearts out and I feel that we should all sing with all our hearts to praise God, no matter what kind of week we have had.

**Janice Ng**

The opportunity was one which I had always regarded as hard to come by. At first when my Sunday school teacher offered it during class, I without much thought just decided to give it a go. Besides, almost everyone in the class was going so I thought that I should just give it a try. After all "nothing beats getting to where the church missionaries always talked about" I had thought.

So the day came and excited to experience going on a "little mission trip" I then open heartedly went ahead. I experienced more and more as time passed during the trip and found that it was certainly worthwhile.

Despite the short distance from Singapore to Batam,

conditions there were very different. At the church in the village the atmosphere was dessert-hot and yet everyone there was all smiles.

The children's hospitality and enthusiasm upon seeing visitors and I uplifted my spirits. Despite language barriers between the village children and I, that did not make my duty of teaching them origami any more

tiresome, their eagerness and willingness to learn simply just broke down all obstacles,. I found that teaching them was such a job and a blessing.

I felt so overjoyed when the children managed to fold the 2 fishes and baskets which we had taught them. Their loud and soulful singing during singspiration taught me that I should never be embarrassed and be afraid of what men will say when singing to the Lord.

Overall the trip to Batam though may seem small and insignificant, is truly one which has taught me several life-long lessons and has given me many warm memories. It would certainly not be my last one and I urge you all to go to minister or help out at the church! You will surely and most definitely be blessed!

**Rachel Lim**

On 5<sup>th</sup> February, the Sunday School class for the Sec 3 girls were on our way to the Batam trip. Unfortunately, not all of us were able to make it. That morning, when all of us met at McDonalds, we had to learn some origami so that we could teach the young children there. We had lots of fun making fishes and baskets as a practice in the ferry. These fishes and

baskets were meant for the art and craft session on the 'Five loaves and Two fishes'. There were many things I saw and learnt when I got there. It was an eye-opening experience. When we got to the children's Sunday School, the children there were waiting patiently for us to arrive and immediately pulled out chairs for us once we arrived. I felt touched and bad at the same time. We do not normally see such things happening around us and I realised how unhelpful I usually was. Subsequently, we taught them how to sing 'Jesus Loves Me', including the hand actions. The children there picked

up the song and actions quickly. Some were even willing to present it to the congregation during the service with us. They were steadfast in learning God's Word and were so polite when the story was told to them using an iPad. No one fought



*Teaching kids to sing "Jesus Loves Me"*



*Kids with their completed crafts*

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to be able to get closer to the electronic device, and not even one complained that they could not see the pictures despite sitting very far away.

Also, when we left after the service for lunch, we saw young children on the roadside trying to sell newspapers when they are not even ten. Begin sent to work in such a dangerous environment at such a young age instead of staying at home to play? If I was in their position, I would most probably be like the people whom Moses led through the wilderness. Complain and complain even more. Through this mission trip, I learnt that I should take more initiative in helping others as well as being steadfast in doing God's word and will. Also, I should learn to be more thankful to God for what I already have instead of complaining.

**Lois Quek**

The trip to Batam was indeed an eye opener for me as I had never been on a trip like this. Through this trip I realised that I was actually very fortunate to be in Singapore, where I can worship in a comfortable environment with air conditioner. In Batam it was extremely humid but the people there were still singing their hearts out and paying close attention to the



**Sec 3 Girls and their teachers, Sharon and Rachel**

message. This made me reflect on my worship attitude towards God as I always take going to church for granted and going to church becomes a routine. Furthermore the people in Batam were dressed in their Sunday best. This was a good learning point for me as I often do not wear my best to church and tend to be quite shoddy.

**Jamie Tan**

After going to the Batam trip, I learnt that God has really blessed us all so much. God has blessed me by letting me be born in Singapore, with such loving parents in a financially stable home. I go to a good school, and eat good food and despite the fact that I am so fortunate, I still complain. God has blessed me so much, so I should serve God in the same way. In Batam, even though these children did not have as much privileges as I did, they still loved God so much. They sang from their hearts, and wore their best clothes. When you look outside the church, the children are all wearing tattered and dirty clothes. However, the children in the church were wearing princessy costumes, which were probably their best clothes. When the Sunday school lesson was preached, they paid their full attention, and no one was talking during the lesson unlike here in Singapore. This has moved me to know that all the more I should do the same, or even more, since God has blessed me with so much.

**Sharon Seow (Teacher)**

Preface	5 Feb 2012 was my 2 <sup>nd</sup> visit to Batam & 2 <sup>nd</sup> mission trip in 10 years.
Purpose	To serve God with Life BP church mission team in Batam, helping with the Sunday School and attending a church service. Allow our Young Teens 3 Girls class experience a mission trip, as we are studying Acts and Paul's missionary journey this year.
Preparation	A few Sunday afternoons learning a song item & memory verse in Bahasa, origami art & craft of a fish and basket. The YT3G girls learnt very quickly within 2 hours on 5 <sup>th</sup> morning, as we traveled to Batam.
Place	Segulung Baru church – proper church building with multi purpose hall used for Sunday School and church service. Batam is still a place with basic infrastructure & entire families traveling on a motorbike.
People	35 attentive children & adults in their Sunday-best clothing. Committed church workers led by sister Roska who have a heart for the children.
Problems	Language barrier prevented us from speaking with the children, but smiles and helping hands replaced words. Noon-time prayer broadcast via loudspeakers were heard through the open windows of the church, as Pastor Seet was delivering his sermon in Bahasa.
Program	Sunday School: Taught English song 'Jesus Loves Me' & memory verse John 6:35. Brother Jason Foo gave lesson on 'Feeding of the 5000' Mission team helped teach origami art & craft to the children. Church Service: Mission team recited verse & sang song item in Bahasa.
Praise	Thank God for physical and spiritual safety of the team & teens. Hospitality of sister Roska. Ability to get to know & fellowship with mission team (AFers & 3 ex sun sch students) & YT3G teens. Support of YT Sunday School who designated 28Jan offering to Batam.
Prayer	Reminded to pray for Batam church- congregation, children and church workers. And for more Lifers to accompany Pastors Seet & Wong who minister in Batam every first Sunday of the month.

# Young



Sec 1 girls with teachers Mei Li and Hui Miin

Sec 2 girls with teachers Wan Xian and Lynette



Sec 1 boys with teacher Kwong Ann



Sec 2 boys with teacher Shao Sheng



# Teens

Sec 3 boys with teachers Michael and Soon Hui



Sec 4 boys with teacher Sin Wei



Sec 4 girls



Sec 3 girls with teachers Sharon and Rachel



## Sharing from our some of our students in the 2011 graduating class

Sunday school this year has been one of my most enriching yet entertaining experiences for me. Having a rather wide and lengthy syllabus of going through the entire Old Testament, the lessons were broad based, in an attempt to cover as much as possible. Through the lesson plan which categorised the various Old Testament books into prose (Exodus, Deuteronomy, etc), poetry (Psalms, Ecclesiastes) and prophecy (Malachi), we learnt how the Old Testament addressed various aspects of our Christian life, such as through factual stories where we learn of great leaders and followers of God as well as the excellent depiction

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of God's glory and grace through the numerous Psalms of David. The minor prophet series also serve to remind us of God's unwavering love for us that he is slow to anger and would sanctify us to make us a better person.

Perhaps one of the many lessons I can recall would be the story of Jonah, the prophet who was reluctant to preach at Nineveh. While many children's bible stories often end when Jonah was swallowed by the big fish for several days, what the lesson focused more on was the actual reason why Jonah did not want to go to

Nineveh – that the people there were indulging in sin and the Assyrians were a threat to his own country, thus he was reluctant to preach to them as this meant that many would be forgiven by God. Jonah finally realised that he should not place his own personal biasness against who he should preach to, and ultimately went to Nineveh, in which the Assyrians repented of their sins and were spared from destruction. What this lesson taught me was to show love even towards our enemies, even if it meant repaying evil with good. Certainly, this application saw great relevance towards my daily life as often we only think of revenge against someone who has done harm against us, but instead we ought to help correct him so that he would not continue doing evil.

Throughout the year, I felt that we had been blessed with good teachers, peers and even good resource books. Through a mix of scripture reading, application and even some Sunday school outings, our class certainly managed to have productive fellowship with one another.

**Glen Wong**

I really thank God for the Sec 4 Sunday School class of 2011 and for my fellow Sec 4s. As this year's class was a mixed class, things were going to be rather different. At first, I was apprehensive of how the boys and girls might get along, considering that in the previous years, we hardly interacted. However, God was

good and allowed us to make new friends and get along splendidly. As a result, I really looked forward to Sunday School as I could get together with my church friends and learn about God in a fun and friendly environment.

2011 was also a very eventful year for me as I was sitting for my 'O' Levels. With tons of homework, assignments and past year papers pouring in, as well as a bucket load of other commitments, it was very easy to forget God. There were many times when I felt discouraged, but by God's grace, He brought the other Sec 4s into my life to encourage me, keep me accountable and keep me walking with Him. I have truly been blessed by the presence of God and these friends in my life. A verse that had also kept me going in 2011 is Romans 8:28. "And we know that all things work together for good to them that love God, to them who are the called according to his purpose."

For Sunday School, we went through the books of the Old Testament, and studied the main themes of the books. I felt that this was a great idea, as most of us tend to stay away from the Old Testament as it is difficult to understand. Hence, the Sunday School lessons served as a helpful introduction to the Old Testament, so that we can study it in more detail in the future.

As it is now 2012 and we are no longer Sec 4s, I am sad that the Sunday School classes for the JC 1s are no longer combined. However, I still thank God for giving me the chance to study God's word with the Sec 4 boys in 2011, and I am sure that the friendships that have been forged will remain strong, as we continue to grow in Christ and edify one another.

**Charmaine Leong**

**In** 2011, I experienced many ups and downs in my life. During those times, I felt my faith being questioned and I also started to wonder what exactly God's will was for me. When something unpleasant happened to me, is it really true that God has something planned out for me? Sometimes, I really found it hard to accept this fact. Why did I face such challenges?

However, throughout the year, I felt God's providence working in me, and it guided me throughout the various challenges that I faced, strengthening my faith in the process.

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For example, my results suffered drastically in Secondary 4. My results dipped so low as compared to that in Secondary 3 that I was in danger of being one of the lowest in the cohort, and possibly even being forced to take lesser subjects in JC than a normal student. My confidence was shattered and I felt deeply ashamed of myself. Upon thinking about the fact that my GPA had decreased consistently from Secondary 1 and 4 and had suddenly plunged into the abyss, the belief that I once had in myself and in God was decreased dramatically. I could not sleep for a few days and I thought about many things while lying in bed. Why did God make me go through such unhappiness and setback in my life? Why can't God grant me a successful and worry-free life with good results, etc? After praying to God, I was determined to make a comeback and studied

harder. What was more important was that I spent more time with God by reading Quiet Time and started to have a personal relationship with God. I was resolved to glorify God by performing the duty that I had as a student, which was to achieve good results by studying hard, to the best of my capabilities. Through God's guidance and marvelous will working in me, I revised my studying methods and all glory to God, I achieved a remarkable turnaround. My results drastically improved and I was one for the top students for a few subjects in my class. I was and still am, very thankful to God for this trial. Although it may seem small, God made me learn a lesson, which was to do my best by cultivating the self-drive to study, be more receptive to people's advice (I was rather stubborn in the past) and to trust in him to take care of the rest.

Another thing I am really grateful to God for, is the fact that my brother, Samuel is recovering and currently recuperating from his pneumothorax that he suffered. Seeing the pain that my brother suffered and that of his condition made me realize how frail life is, and how God's will could work in so many different ways. Thinking about it, it made me realize how precious life is and that we should not waste our time idling our way by partaking in worldly activities. Instead, we should try our best to spend more time with God because since God created us, he could take away our life any moment. Thus, we should live life to the fullest by making Christ as the focal point of our lives so that one day we can meet him face to face in heaven and enjoy eternal bliss. Normally, people would tend to spend more time with God in times of trial, but for the year ahead and in the future, I pledge to spend quality time with God regardless of circumstances, and to achieve that sweet communion with him again. **-Daniel Tan**

**A**lthough I only started going back to attending Sunday school in the middle of the year, I still managed to receive many valuable takeaways that can be applied in my life. The many lessons that I attended continuously reinforced the fact that God is almighty, all knowing and all powerful - an eternal and loving heavenly Father. This priceless knowledge aided me ceaselessly throughout life's ups and downs. A floating log in the midst of an overwhelming turbulent rapid, a river in the midst of an isolated scorching desert, an indestructible fortress when faced with a mighty army. Through troubled times and uncertain moments, the greatest piece of information is knowing that the Lord is watching over you.

Sunday school also inculcated in me the importance of prayer. Through prayer, my spiritual walk with God has grown by leaps and bounds. 'A friend in need is a friend indeed' this proverb clearly shows that Jesus is indeed our best friend. Aspiring to excel in both the sporting arena and academic field, I encountered many obstacles and difficulties. Through these trials, many friends - both old and new, let me down when it came to the crunch. However, the Lord on the other hand, has always been by my side, watching me, accompanying me and taking care of me. By praying, I am able to reveal all my inner most problems and release all my emotions to a friend that is able to understand and relate with my many predicaments and issues.

Reading the word of God and applying it in my daily life is another step that I have taken through Sunday school. I have learnt that prayer is not enough to foster a close walk with God. A good Christian is one that knoweth God's word and reflects it via one's actions and lifestyle. If I do not study the word of God, how would I be able to be a good Christian? With that mindset, I managed to discipline myself to read God's word more frequently and to apply them in my daily life.

Writing this testimony has allowed me to reflect on the things I have learnt in Sunday school. These sessions have taught me many invaluable lessons and although I may forget at times, I know that if I continue to safeguard myself by putting on the armour of God, I will be able to continue growing spiritually and carry out God's will for me.

**Bryan Teo**

**We should try our best to spend more time with God because since God created us, he could take away our life any moment. Thus, we should live life to the fullest by making Christ as the focal point of our lives....**

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**I**n Sunday School 2011, we did a study of the books in the Old Testament. However, since there are 39 books in the Old Testament but only 52 weeks in a year, time was short and consequently, we did not have ample time to go really go in depth and do a thorough analysis for every book. Nonetheless, we were provided with an overview of each book and were thus able to examine a plethora of themes from the Old Testament.

Aside from lessons from the bible, there was an increased emphasis placed on small-group discussions. The class would be divided into small groups of 3-4 and discuss how God has helped us in the past week, any prayer requests we might have or perhaps share the lessons we might have picked up from our daily life experiences.

Through the edifying lectures we had, I was able to learn from the examples of Old Testament heroes like King David, and pick up certain bible truths embedded within passages. These messages enabled me to grow in my understanding of the bible and strengthened my faith. The times of sharing I had with my peers enabled me to reinforce my bonds with my fellow brothers and sisters in Christ and at the same time, be encouraged by their testimonies.

In short, Sunday School 2011 has been extremely meaningful to me and I would like to thank all my Sunday School teachers but above all, God, for this blessed experience.

**Samuel Heng**

**A**tending Sunday School in the year 2011 was an eye-opener for me, as I was exposed to many new truths in the Old Testament (OT). Having focused more on the New Testament as a young Christian, I confess that my knowledge of the OT is rather limited. Hence, I

am really grateful to God for allowing me the opportunity to embark on a yearlong study of the OT. I have learnt many lessons from Sunday School. For instance, I was reminded of God's omnipotent power in creation when we studied Genesis. I was inspired by the faith that Joseph had placed in God regardless of his circumstances in life. I was encouraged at how our Lord could use the Minor Prophets to fulfil His greater Will. All of these lessons have been a great source of help and encouragement to me as I served God in the LTF and even as I took my O Levels. In my service, I was particularly uplifted by the example of the Minor Prophets, which showed how God can use small and insignificant sinners like you and me to accomplish His divine Will. For my O's, I was challenged by Joseph's example to exert my faith in God by placing my trust and hope in Him to see me through the examination.

I am also grateful to God that the spiritual lessons in Sunday School were supplemented by regular "prayer and sharing" sessions, in which we broke up into smaller groups in our class to engage in corporate prayer for our fellow brothers and sisters in Christ. Such an experience has not only taught me the power of prayer, as I witnessed how my prayers for others were answered, but has also helped to strengthen the bonds of friendship between my batch mates and myself.

All in all, Sunday School has definitely culminated in me becoming a better and more mature Christian. My faith in the Lord has been strengthened year by year and I have made many godly friends which can hold me accountable in my Christian walk. Most importantly, Sunday School has taught me the importance of having the desire to have a fuller understanding of God's Word, of both the Old and New Testaments, and not just be contented with a superficial comprehension of the contents in the Bible.

**Matthew Sim**

**May the Lord find us faithful**

God has not given us the spirit of fear,  
But has given us the strength to obey.  
With power and sound mind, with love, the  
unfailing kind,  
O be not ashamed of His way.

May the Lord find us faithful,  
May His Word be our banner held high.  
May the Lord find us faithful  
Every day, though we live, though we die.

No man that seeketh after things of this life,  
Is a soldier who passes the test.  
Be faithful, be working, be running, be serving,  
Be searching His Word for His best.

May the Lord find us faithful,  
May His Word be our banner held high.

May the Lord find us faithful  
Every day, though we live, though we die.

Living or dying, may honor be Thine,  
From this wretched life, You loved and forgave.  
A life that is on fire, be only our heart's desire.  
Be faithful from now to the grave.

May the Lord find us faithful,  
May His Word be our banner held high.  
May the Lord find us faithful  
Every day, though we live, though we die.

*(Mac Lynch)*