

Welcome to Bethesda Frankel Estate Church

Rooted in the Living Word

Empowered by the Holy Spirit

Abiding in Christ only

Daring to Hope and to Love

Yielding Fruit To God's Glory



Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

Hebrews 10:23

Topic: Wisdom and Wrath

Services: 8am & 10am Services
Speaker: Bro Kenneth Wong (Bethesda Ang Mo Kio)

1. Defining Anger in Scriptures

Ps 7:11 God is a just judge, and God is angry with the wicked every day.

Rom 1:18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness

Jas 1:20 for the wrath of man does not produce the righteousness of God.

2. Describing Anger as Folly

Prov 12:16 A fool's wrath is known at once, but a prudent man covers shame.

Prov 14:16,17 A wise man fears and departs from evil, but a fool rages and is self-confident. ¹⁷ A quick-tempered man acts foolishly, and a man of wicked intentions is hated.

3. Deterring Anger in Others

Prov 15:1 A soft answer turns away wrath, but a harsh word stirs up anger.

Prov 29:8, 11, 22 Scoffers set a city aflame, but wise men turn away wrath. ¹¹ A fool vents all his feelings, but a wise man holds them back. ²² An angry man stirs up strife, and a furious man abounds in transgression.

Prov 22:24, 25 Make no friendship with an angry man, and with a furious man do not go, ²⁵ lest you learn his ways and set a snare for your soul.

4. Deferring Anger in Ourselves

Prov 14:29 He who is slow to wrath has great understanding, but he who is impulsive exalts folly.

Prov 15:18 A wrathful man stirs up strife, but he who is slow to anger allays contention.

Prov 16:32 He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

Prov 19:11, 19 The discretion of a man makes him slow to anger, and his glory is to overlook a transgression. ¹⁹ A man of great wrath will suffer punishment; for if you rescue him, you will have to do it again.

5. Deleting Anger in Practice

Ps 37:8 Cease from anger, and forsake wrath; do not fret—it only causes harm.

Col 3:8 But now you yourselves are to put off all these: anger, wrath, malice, blasphemy, filthy language out of your mouth.

Eph 4:26, 27, 30, 31 "Be angry, and do not sin": do not let the sun go down on your wrath, ²⁷ nor give place to the devil. ³⁰ And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. ³¹ Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

(All Scripture in NKJV)

QUESTIONS

1. When is anger righteous or unrighteous? Give some examples.
2. Why is it foolish to be furious even if we feel justified at the time?
3. Evaluate your experience at a time when you were really angry in the light of God's word. How did you feel then, and what do you think about it now? What did you learn from it? How could you have handled it differently?
4. How do we act with discretion when confronted with anger in others?
5. What does it mean to be 'slow to wrath' in managing our own anger?
6. How can a Christian be free from a pattern of chronic anger?

My Response: Our Response during the service is an act of worship. Do submit your reflections online to <https://bfec.sg/response> or via whatsapp or sms to 9670 1800.

Holy Communion: We welcome baptized believers to join in the Lord's Supper.

Tithes & Offerings: Giving as "unto the Lord" is the privilege of every disciple of Christ. As an act of personal & corporate worship, we encourage members to participate purposefully through regular giving during worship services.

For Internet Banking:

Bank Code: 7375 Gen & Ministry Fund: (UOB 451-302-912-2)
Missions Fund: (UOB 451-302-915-7)

For PayNow: QRcode, pls refer to <https://bfec.sg/give>

Gen & Ministry Fund: UEN 197302391EA01
Missions Fund: UEN 197302391EA02

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Email: bfec@bfec.org.sg Website: <http://bfec.org.sg>

Church Office Opening Hours: Mon-Fri: 9am-6pm Sat & Sun: 9am-1pm

Sermon Series (1 May - 26 June) Proverbs: "Wisdom for Life"

Proverbs is practical biblical wisdom for living well in this world. It instructs us to think and do rightly in our personal lives and in relation to others, in recognition and reverence of the God who created the world and His rules for it. In this sermon series, we explore the principles of godly wisdom and how they apply to important topics such as (i) family, (ii) friendship, (iii) words, (iv) work/sloth, (v) anger and (vi) humility/pride. Proverbs is truly wisdom for life, and may we be blessed as we learn from it.

Date	Key Verse	Sermon Topic	Speaker
26 Jun	Proverbs 15:33	Wisdom and Humility	Elder Caleb Chua Soon Boon

CHANGES TO LIVE STREAM

The Council has decided that live streaming of our worship services will be for those who are not able to join us physically by reason of ill-health, or immobility due to age or being away overseas. If this is the case for you, we ask that you or your loved ones register with us at <https://bfec.sg/livestreamrequest> to secure a weekly link to access the live stream from us.

Baptism and Membership Class #2 (3, 10, 17 and 24 July) with Baptism on Sun 7 Aug

Baptism is a public proclamation of our faith, that we will follow Jesus as Lord, having believed in Him as the One who died for our sins to be reconciled to God.



Come and attend the 4 **on-site** baptism classes to prepare yourself & clarify your convictions as we learn more about how to grow & serve together in this BFEC community. The classes will be conducted on Sunday mornings 8.30 - 10 am.

Membership Transfer: You only need to attend 2 sessions on 17 and 24 July. However, you are encouraged also to attend the first 2 sessions.

Application form for Baptism/Membership Transfer :

<https://bfec.sg/baptism> or <https://bfec.sg/transfer>

Send to seowcheng@bfec.org.sg

Closing date for completed form: 26 June.

First Things First

A homelessness & poverty simulation exercise. An interactive immersion experience.

This event will help us better understand the complexities and challenges that the homeless and poor face. We encourage Frankelites who have not gone through this to sign up as we gear up (in view of easing of SMMs) to serve the NHCS/KS community.

Organized by BFEC (Feed5K) and facilitated by Kampung Siglap

Date: 03 July 2022, Sunday

Time: 12 - 4 pm (Lunch will be provided)

Venue: Kampung Siglap Life-skills Training and Retreat Centre

Cost: Cost of event has been paid by BFEC as a donation to Kampung Siglap

Limited slots available!

Sign up today via <https://forms.office.com/r/PzBXKTYKHH>

or scan the QR code.

Registration closes TODAY!

For more information, please contact Pauline

paulinewms@yahoo.com / 98710943



MIDWEEK PRAYER PAUSE—Every Wednesday, 11:30am - 12:00pm, <https://bfec.sg/prayerpause> (zoom link). All are welcome to come pray and be prayed for.



Frankel Intercessors Ready Everywhere & everytime

Have A Prayer Request? Write it in the Response Form so we can alert the **F.I.R.E.** team to pray with you.

**The council wishes all fathers
(biological and spiritual)
a blessed Father's Day.**



Life's Big Questions - Join us for these talks and discussions on topics that really matter but are hardly talked about openly and honestly.

Session 1 on 16 July (Sat)

"Where is the world headed?"

Dr Freddy Boey

Session 2 on 23 July (Sat)

"If there is a God, why is there so much suffering in the world?"

Bishop Emeritus Dr Robert Solomon

Venue: Kampung Siglap Lifeskills Training & Retreat Centre - Auditorium, 10 La Salle St, Singapore 456933

7.00pm to 9:30pm (Dinner is provided)

Sign up here <https://bfec.sg/LBQ>



Ladies Group Meeting on this Tue, 21 Jun, 8pm, (Chapel), Speaker: Ms Wee Ai Ling

The sharing will be on what to do after a fall and preparing for an emergency. It will be very useful for the elderly and their caregivers/helpers.

BFEC Cares—Christ-Centered Care Training

8 Jul—23 Sep (10 sessions)

Fridays (except 1st Fri of each month)

19:00—22:00

Venue: BFEC

Fees: \$80 (with dinner)

\$40 (without dinner)

Revamped Syllabus!

For more info:

<http://bfec.sg/cares>



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Meetings in the Coming Week

Ministries:

- **40:31:** We will be taking a break for the month of June so there will be no Monday meetings
- **Evergreen:** Wed, 22 Jun, 3pm, (Sanctuary), Speaker: 袁凤珠姐妹, Topic: 创伤情绪的疏解
- **Jesus Club:** Meeting alternate Wed, 7.30pm at BFEC. Interested to bring a friend or volunteer? Register with us before coming (Fann 9040 9473, Jocelyn 9298 3150). For more info, visit us at <https://jesusclub.carrd.co>
- **CCsg Limousine fellowship:** Meeting on Sat, 8am at Ya Kun (345 Beach Rd).
- **International Fellowship Ministry (incl. domestic helpers):** No meeting in the month of June. Meetings will resume on 3 July 2022 at 10:00-11:45am.