



KNOWING DEPRESSION – TALKS BY BIBLICAL COUNSELLING MINISTRY

Good mental health is vital at every stage of life, from childhood to adolescence and adulthood. If you experience mental health problems, your thinking, mood, and behavior are affected. Various factors may contribute to mental health problems. These include biological factors such as genes or brain chemistry, life experiences such as trauma or abuse, a sudden change in life stage like puberty, a family history of mental health issues, or a disordered spiritual life due to sin.

A person with poor mental health may experience depression, anxiety, mood disorders, addiction and relationship problems. Mental health issues also have an effect on physical well-being.

This is not new. People have been struggling with mental wellness for millennia:

1. Psalm 38: David wrote about his pain, confessing his overwhelming sense of heaviness was caused by his iniquities (Psalm 38:4).

2. 1 Kings 19: Elijah had just overcome prophets of Baal but suddenly became frightened when threatened by Queen Jezebel. His fear was so great that he wanted to end his own life (1 King 19:4).

3. Daniel 4: King Nebuchadnezzar went against the counsel of God. God humbled him by giving him “boanthropy” – a disorder that makes a person believe he/she is an ox or cow. (Daniel 4:32).



Mental health problems are common and with help, they can be overcome. Good mental health allows you to be productive, develop adaptive skills to handle the daily stresses of life, fulfill your potential and give meaningfully to the communities around you.

As Christians, how do we keep our minds healthy, especially when we live with everyday stressors like examinations, keeping a job, family relationship, parenting issues, financial pressure and juggling responsibilities? And what do we do to help our loved ones and friends who may be struggling with mental health issues like prolonged sadness and anxiety?

Join us in a mini series to understand mental health issues across various age groups and gain insights into helping yourself and those you care about. Explore with us as we search biblical principles and the use of science, research and counselling skills to discover how we can cope and overcome mental health problems like depression and anxiety and live your life to the fullest.

Irene Louis
Counsellor
(Biblical Counselling Ministry)
gospellight.sg > connects > events > [Biblical Counselling Ministry Talk](#)

• CALL FOR VOLUNTEERS

Migrant Workers Outreach through Conversational English is looking for volunteers to serve as facilitators to help migrant workers build confidence in spoken English @ Workplace.

Classes will be conducted via zoom on **weekends at 7:30 - 9 pm.**

Those keen to explore please contact Sue @ 9776 1377 for more details.

• GOSPEL LIGHT CATECHISM!

What kind of church is Gospel Light? Who are we really and what do we believe in? Although we have a statement of faith, it is too brief to communicate clearly our beliefs. The Pastors at Gospel Light have written this modern version of a catechism for the church:

<https://bit.ly/3hXgw0v>

• KNOWING DEPRESSION

The Biblical Counselling Ministry (BCM) will be conducting 4 talks from 18 Sept. Registration is not required. All are welcome to join.

18 Sept, Fri : 8pm – 9pm (Speaker: Irene Louis)
Depression and Effects on Youth

2 Oct, Fri : 8pm – 9pm (Speaker: Irene Louis)
Depression in Adults

9 Oct, Fri : 8pm – 9pm (Speaker: Theresa Bung)
Zounselling - What’s this!!!!

16 Oct, Fri : 8pm – 9pm (Speaker: Irene Louis)
Coping during Challenging Times

Click Zoom link: <https://bit.ly/3aY5IC7>

Zoom ID: 852 5205 3451

Password: **talks**

Our Biblical Counselling Ministry provides counselling services to Individuals, Couples, Families and Children. Reach out to us at bcm@gospellight.sg

• CHRISTIAN EDUCATION PROGRAMME

God has called us to advance the gospel for His glory. But many struggle with either a fear of rejection or fear of failure or simply don’t know how to start a conversation about the gospel. In a new 4-part series, Pastor Jason will be equipping us to make us effective soul-winners.

Series Name: "How to Share the Good News!"

Speaker : Pastor Jason

Date: **Sat, 12 Sep**

Time: **8pm**

Topic: **Getting the Process**

Join us on [Facebook Live](#)

CEP Q&A Zoom Link: <https://bit.ly/2yAjeH>

Zoom ID: 827 5751 0829

Password: **CEP**

• MEET YOUR PASTOR!

Click Zoom link: <https://bit.ly/2SMYSH4>

Meeting ID: 836 428 872

Passcode: Pastor

CLASSES AND TRAINING

MEMBERSHIP CLASS

Membership in Gospel Light is only for baptized believers of the Lord, and must be of age 16 and above. Attendance at both membership classes 1 & 2 is a prerequisite for membership application.

English

Date: **Sat, 24 & 31 Oct**

Time: 11:00am – 12:00pm

Classes will be conducted via Zoom.

Chinese

Date: **Sun, 25 Oct & 1 Nov**

Time: 11:15am – 12:15pm

Classes will be conducted via Zoom.

Register at gospellight.sg > Connect > Events

Registration deadline: **4 Oct**



• EXPOSITORY STUDY – 2 JOHN

At this lesson, we will go through what we have learned in 2 John 1-6 over the last two lessons. We will also go through a new passage - 2 John 7-9. John is aware that the readers are facing the deceptive effort of the false teachers and warns them against the subtle impact of their work (vv. 7-9).

We encourage you to join us online to study God's Word. Newcomers are welcome.

By: Brother Jerry Koh

Date: **Tues, 8 Sep**

Time: **Class starts at 8pm SHARP**

Click Zoom link: <https://bit.ly/3cgZmYR>

Zoom ID: 262 770 7942

Password: **GLCCEBS**

WAYS TO HELP DURING THIS SEASON

To volunteer for transporting of items, please email shine@gospellight.sg or call 9117 6000.

(A) Migrant Workers Support

(1) Telugu Brethren housed in Tuas dormitories

- Assistance to transport these items to the dormitories

(2) Touch International

- Provide assistance to transport items to various sports halls

(3) Facilitators for Conversational English

- Help migrant workers build confidence in spoken English @ Workplace.

SERVICES AND PRAYER MEETINGS

English Service - Sunday 9am: <https://bit.ly/33X72MN>

Chinese Service - Sunday 9am: <https://bit.ly/3akSf0v>

Filipino Service - Sunday 2pm: <https://bit.ly/3dABVen>

Telugu Service - Sunday 7pm: <https://bit.ly/2xma2WL>

Youth Service – Saturday 4:30pm - 6:30pm:

<https://bit.ly/2AaF8C3>

(For more details contact Yu Fei @ 91285331)

Bahasa services will be suspended until further notice.

Young Adults (19-25 y/o) – Sunday 2pm

Topic – *Kings and Prophets (1 & 2 Kings)* For more details contact Luzerne @ 92701730

Wednesday Prayer Meetings – 8pm: <https://bit.ly/35HS8uy>

(Zoom ID: 812 885 158) Password: Wednesday

Sunday Prayer Meetings – 8:15am: <https://bit.ly/3drPHN>

(Zoom ID: 858 855 0326) Password: Sunday

Youth Prayer Meetings – Saturdays 3pm: <https://bit.ly/2AaF8C3>

(Zoom ID: 659 128 5331) Password: Gospel

If you are interested to receive our weekly prayer list, please email shine@gospellight.sg

EVENTS FORECAST

September	October	November
Expository Study 2 John New Believers Class Small Group Bible Studies Seekers Class BCM Talks	Expository Study 2 John Inductive Bible Study Small Group Bible Studies Membership Class BCM Talks Chit-chat Newcomers	Expository Study 2 John Inductive Bible Study Small Group Bible Studies Membership Class Church Anniversary

For details. Please refer to gospellight.sg > Connect > Events > 2020 Calendar

GIVING ONLINE

With the suspension of church services, you may give your offerings in the following ways:

1) PayNow

Under the UEN/Bill Reference No. section you can:

- State "NA" - Offering will go towards General Fund
- State IFL or Missions - To designate the offering

(a) Via "Scan and Pay"

- Open up your bank app and select "Scan and Pay"
- Scan the QR code below:



(b) PayNow UEN

You can also opt to key in the UEN: **S885S0082AGF1**

2) Internet Banking

- Add payee as Gospel Light Christian Church
- Account Number: **033-021695-5**
- Name of Beneficiary Bank: DBS Bank
- Under the Remarks section, you can leave it blank for the offering to go towards the General Fund or indicate IFL or Missions if you want to designate the offering.

3) Cheque

- Crossed cheque made payable to "Gospel Light Christian Church"
- On the reverse of the cheque, write **Gospel Light Christian Church** and the respective bank account numbers:
 - General Fund - **033-021695-5**
 - Missions Fund - **001-042653-2**
 - Punggol IFL Repayment - **015-902803-8**
- Cheques can be deposited at any POSB or DBS bank into the church's accounts.