



16 October 2022

## WHAT YOU NEED TO KNOW ABOUT BIBLICAL COUNSELLING

Gospel Light's Biblical Counselling Ministry has supported many individuals struggling with a diverse range of personal spiritual issues. But what are vital questions to consider if you want to seek counselling?

1. What are signs or signals that you need counselling?

- Facing issues and you cannot find a way out.
- Exhibiting abnormal behaviour, for example, hiding in a cupboard, talking to yourself, hearing voices.
- Being bombarded with negative thoughts, fear, mental distress, and these are getting worse.
- Growing fear of people and things around you.
- Feeling overwhelmed by work and responsibilities.

These are unacceptable conditions. They indicate your mental "elastic band" has already been stretched by over 70 per cent. Please seek help at once.

2. How would counselling help?

- Open up new perspectives which you may have missed.
- Help you identify the real root of your problem.
- Provide guidance on possible options to take.
- Explain the consequences of your choices.
- Balance your perception with reality.
- Walk and guide you in your journey.
- Improve your quality of life by helping you understand its fundamental purpose and meaning.

3. Should I Seek Biblical or secular counselling?

Biblical counselling and secular counselling have the same end goal: to help people find solutions to their problems. But Biblical counselling goes beyond the problem, and seeks to treat the whole person. The main differences between the methods are:

- The Bible is used as the reference, alongside counselling techniques or methodologies found in it.
- Biblical counselling teaches us to seek joy, meaning, and understanding of life from God, and not from oneself or things.
- It seeks to heal the inner person. This is a long-term solution covering a spectrum of other challenges you may encounter later in life.
- Biblical counselling helps you grow your relationship with Christ and frees you with His truth.

4. When should I help myself?

Seek counselling when you see troubling signs, such as:

- Stress that you have never experienced before.
- Unusually intense emotional episodes.
- Inability to cope with life and its transitions, for example, a new school, job, relationship, marriage, child, or a death in the family.

5. Do not be complacent just because circumstances change and your problems "disappear". Ask yourself if there is a deeper root problem.

6. You may not be experiencing major problems, but you still want to embark on self-care. No one can care for you better than yourself. The sooner you seek help, the faster you can get back to good spiritual, mental and psychological wellness.

Elder Thomas Teh  
Biblical Counselling Ministry (Head)



# RECRUITMENT

## • FOOD MINISTRY: VOLUNTEERS NEEDED

Hospitality is key to gospel-centered fellowship. And we need support to make our after-service food experience a memorable one. Volunteer in our Food Ministry today! No experience needed and training will be provided.

Please write in to [shine@gospellight.sg](mailto:shine@gospellight.sg) or call 9117 6000 to indicate interest.

## • BLESSINGS IN HARMONY 2022

Join us for a social outreach project in collaboration with members of the Punggol Racial and Religious Harmony Circles. We will be distributing food items to 1990 needy families/households across 7 rental blocks in Punggol.

Date: Sat, 5 Nov 2022

Venue: Blk 121A Edgedale Plains Singapore 821121

Distribution time: 8:30am to 10:45am

Appreciation Lunch reception: 11:00am to 1pm @ One Punggol

Register as a volunteer: <https://bit.ly/3CypWMI>

\*Registration closes on **Mon, 24 Oct**

Volunteer Zoom Briefing: Thu, 27 Oct (7:30pm to 9:30pm)

## • VIDEO MINISTRY

Our Video Ministry is instrumental in using technology to record and amplify God's word. Capturing every moment of the Sunday sermon and streaming to thousands. Be part of a team that's passionate about delivering the best video experience for God's glory. Whether you are tech-savvy or not, we have a place for you to learn and grow to serve the church body. Training is provided!

Please write in to [shine@gospellight.sg](mailto:shine@gospellight.sg) or call 9117 6000 to apply.

## • CHRISTMAS OUTREACH 2022: VOLUNTEERS NEEDED!

Gospel Light is planning a celebrative outreach event for Christmas! The production will include carolling, life stories, musical performances and a sumptuous Christmas dinner. We need volunteers for the following roles:

1. Decoration
2. Carollers
3. Ushers
4. Befriending

Register here: <http://bit.ly/GLCCxVolunteers22> or for more information email us at [shine@gospellight.sg](mailto:shine@gospellight.sg).

## • VOLUNTEERS NEEDED FOR KBC 2022!

Kids Bible Camp (KBC) is Gospel Light's annual two-day kids holiday camp. We want to serve the unchurched children in the community and engage believing kids in church. We need volunteers to help us with facilitation, running games and supporting the daily activities.

Date: Thur - Fri (24 - 25 Nov 2022)

Time: 7:30am to 6:30pm

Venue: Light Auditorium (L3)

Register as a volunteer: <https://bit.ly/3qjl7Pj>

For more information, email: [children@gospellight.sg](mailto:children@gospellight.sg)



### •CHURCH CAMP 2023

Come join us next June, from 7-10 June 2023 to hear a series of Gospel Light preachers share about their One Passion. Church Camp FAQs can be found on our website at [Events](#). For camp queries, please write in to [shine@gospellight.sg](mailto:shine@gospellight.sg) or call 9117 6000

### •LIFE ISSUES: EXPLORE CHRISTIANITY

God knows the sense of emptiness we all experience. He sees us trying to fill that space with friends, pleasure and success. But apart from Him there is simply no lasting satisfaction. Only the God who made us can meet our deepest needs.

Invite your friends or come explore the evidence for God in a 4 part series. As we help you investigate the claims of Christianity and ask. Some of the most important questions about the Christian faith.

Register your interest or find out more:  
Email: [sue.choo@gospellight.sg](mailto:sue.choo@gospellight.sg) Call: 9776 1377

### •VISIT COFFEE CONNECTS@ L1 MEZZANINE!

Come savor our handcrafted cakes and coffee! Located at L1 mezzanine, our cosy space is ideal for fellowship and connecting. All proceeds go to Gospel Light's mission work!

### •KIDS BIBLE CAMP 2022 – GREAT BIG STORY

The bible is full of fascinating stories, amazing miracles and epic battles. But what is the Bible really about? What does it all have to do with me? Why should I read it? Come join in the excitement of discovering the answer at Kids Bible Camp (KBC)!

KBC is the perfect way for kids to spend their school vacation. With two days of interactive activities, games, quizzes and prizes to be won. Your children will have an incredible time of learning with our volunteers.

Invite your unchurched friends! You don't want to miss this opportunity for their children to hear the message of the gospel in an immersive and memorable way.

Date: 24 and 25 Nov 2022 (Thursday & Friday)

Time: 8:30am to 5:30pm each day

Venue: Light Auditorium (L3)

Fees: \$20\* (inclusive of Lunch/ Tea/Camp materials)

Register: <https://bit.ly/2K4G5ee>

\*Registration closes on **Sun, 30 Oct**

For more information, email: [children@gospellight.sg](mailto:children@gospellight.sg)

### •YOUNG MUMS PRAY AND SHARE

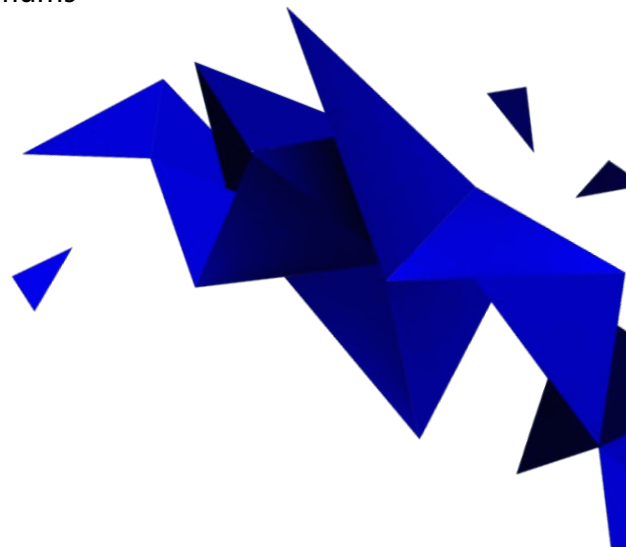
Are you a young mum of a newborn or primary school children? Mothering is a high calling and not an easy one. We understand and hope to support you in your parenting journey. Join us twice a month on Zoom to connect, be encouraged and equipped to be the mum that God wants you to be!

Date: Thu, 20 Oct | Time: 9pm - 10pm

Click Zoom link: <https://bit.ly/39TmGNQ>

Meeting ID: 865 7673 8143

Password: mums







## • EXPOSITORY BIBLE STUDY – BOOK OF ROMANS

This Tuesday, 18 October 2022, we will have an in-depth study of Romans 11:11-24 and learn that God's grace turned rejection by Jews into salvation for Gentiles. The Zoom dial-in details for our session are as follows:

By: Brother Jerry Koh

Date: Tues, 18 Oct 2022

Time: 8pm

Join Zoom Meeting

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

Meeting ID: 851 8603 0760

Passcode: 211761

## • BULLETPROOF MARRIAGE WORKSHOP

Who should attend? Pre-Marriage prep and married couples who desire to strengthen their marriage. We would like to emphasize that it is a 4-session commitment plus, a 3-6 months of journey with a marriage mentor couple assigned to each couple.

**Registration is limited to 10 couples.**

Dates: Wednesdays starting **2,9,16,23 Nov** via Zoom

*\*Subsequent workshops will be conducted in March*

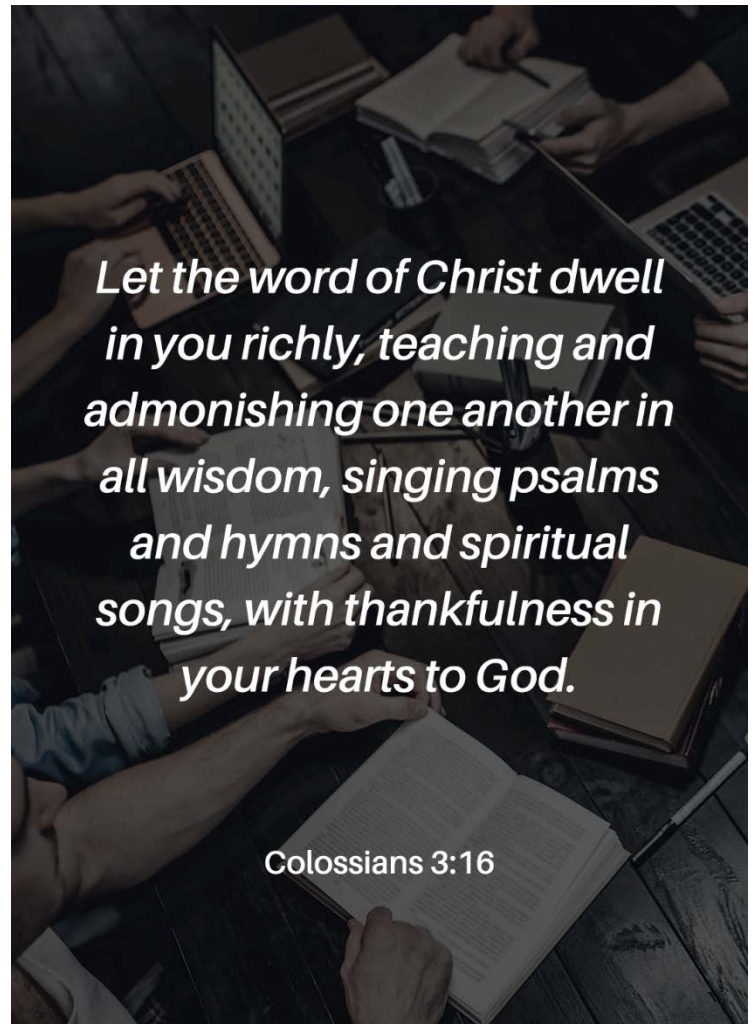
Time: 8:45pm – 10:30pm

Duration: 4 sessions

Click to register: <http://bit.ly/39bBsPt>

*\*Registration closes on **Mon, 17 Oct***

For more enquiries, contact Sis May Lim at [kayhong.lim@gospellight.sg](mailto:kayhong.lim@gospellight.sg) or 9859 4684.





# WORSHIP SERVICE

- **Wednesday Prayer Meetings – 8pm**

Venue: Hall 3, Attic

- **Sunday Prayer Meetings – 8:15pm**

Venue: Cry Room at Shine Auditorium (L4)

If you are interested to receive our weekly prayer list, please email [shine@gospellight.sg](mailto:shine@gospellight.sg)

## (A)Worship Services

Congregational Service	Day and Time	Capacity for On-site	Livestream Link
English @ Shine Auditorium (L4)	Sunday at 9am and 11am	800 pax	<a href="http://bit.ly/38BU0rA">http://bit.ly/38BU0rA</a> (only available at 9am)
Chinese @ Gospel Auditorium (L2)	Sunday at 9am and 11am	240 pax	<a href="http://bit.ly/2Ng0TXT">http://bit.ly/2Ng0TXT</a> (only available at 9am)
Filipino @ Gospel Auditorium L2	Sunday at 2pm	240 pax	<a href="http://bit.ly/30FjYFU">http://bit.ly/30FjYFU</a>
Youth @ Gospel Auditorium (L2)	Saturday at 4:30m	240 pax	<a href="https://bit.ly/2AaF8C3">https://bit.ly/2AaF8C3</a>
Varsity @ Light 1 & 2 (L3)	Sunday at 2:30pm *no service on 5 <sup>th</sup> week	140 pax	Subscribe to Varsity announcement channel <a href="https://t.me/+WDu3myEwjpcxZWU1">https://t.me/+WDu3myEwjpcxZWU1</a>
Bahasa @ Hall 1 (L2)	Alternate Sunday at 10:30am	20 pax	<u>Nil</u>
Telugu @ Gospel Auditorium (L2)	Sunday at 5pm and 8pm	240 pax	<a href="http://bit.ly/30G4fXl">http://bit.ly/30G4fXl</a>

## (B) Children Service

There are two children's services at 9am and 11am for:

(i) Primary Levels (7 - 12 years) at Level 3; and

(ii) Playgroup (~ 18 months till 2+) at Hall 3 @ Attic

Preschool (3-6yrs)\* will remain @ 11am due to a lack of volunteers

\*If your child is born in 2019, but not yet 36mths of age, a caregiver must accompany the child for the duration of the service.



# GIVING ONLINE

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 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:

**S88SS0082AGF1**

## 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 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**
- Cheques can be deposited at any POSB or DBS bank into the church's accounts.

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