



30 June 2024

4 COMMON QUESTIONS ABOUT BIBLICAL COUNSELLING

1) What kinds of issues can biblical counselling address?

The counsellor has initial meetings with their counselee to assess if specialised and targeted help is needed. Where necessary, people will be directed to the relevant agencies. Some examples are:

1. Those who require psychiatric treatment
2. Those diagnosed with schizophrenia, bipolar disorder, psychosis and personality disorder
3. Those involved with substance abuse addiction

BCM will take on all other cases.

2) What are some common concerns about biblical counselling?

a. Concern 1: Can Scripture be used for counselling as it is about salvation?

Yes, it can. Scripture is written with the primary purpose of bringing mankind back to God. It also shows us what we can expect in life and equips us to meet these challenges.

There are over 200 verses in the Bible, telling us that Scripture is meant for counselling:

Exodus 18:19

Hearken now unto my voice, I (God) will give thee counsel

Psalms 32:8

[The LORD says,] "I will instruct you. I will teach you the way that you should go. I will advise you as my eyes watch over you."

Isaiah 9:6

*For unto us a child is born, unto us a son is given..... and his name shall be called Wonderful, **Counsellor**, The mighty God, The everlasting Father, The Prince of Peace.*

The Bible gives many answers to life's challenges, which is why we counsel from Scripture.

b. Concern 2: Will I end up getting preached to instead of helped?

BCM counsellors will not preach. We will leave that joy to the pastors. BCM will show you the root causes, present God's perspectives, help you choose wisely and guide you in your recovery journey.

3) What's the difference between biblical counselling and secular counselling?

Though biblical counsellors share the same goal as secular counsellors – helping you find solutions to your problems but our approach differs.

SN	Biblical Counselling	Secular Counselling
1	Rebuilds the person holistically. Does not limit itself to the immediate problem.	Focuses on finding solutions to the immediate problem.
2	Bases counselling principles on time-tested Scriptural truths.	Use techniques and methodologies created by man and science.
3	Leads a person to find strength in the Lord by developing a close relationship with Him.	Believes true happiness is achieved through self-motivation and effort.
4	Guides the person to do what is right in God's eyes.	Overcomes problems by doing what is right in the counselee's eyes (man's eyes).
5	Emphasizes God's grace and love.	Emphasizes self-fulfilment.

4) How do I find a biblical counsellor who is right for the issue I'm facing?

As you pray and ask God for guidance, do reach out for available help by writing to us to share your struggles. Email:

bcm@gospellight.sg

In Christ,

Elder Thomas Teh
Head (Biblical Counselling)



CHURCH HAPPENINGS

• VOLUNTEERS NEEDED (IRCC CARNIVAL 2024)

Gospel Light will be participating in the annual Punggol Shore Harmony Circles, Inter Racial and Religious Harmony Carnival this year.

Date: Sat, 27 Jul

Time: 10.00am - 5.00pm

Venue: Punggol 21 CC, 80 Punggol Field

We'd like to invite volunteers to engage Punggol Shore residents. Introduce our worship services, ministries and community engagement activities.

To register, please visit <https://bit.ly/3bS7xzl>.

Registration closes Sun, 14 Jul.

Volunteers will be required to attend briefing via Zoom on Tue, 23 Jul 2024 at 8.30pm.

• HANDCHIMES VOLUNTEERS NEEDED

We are looking for volunteers to learn Christmas carols on Handchimes and bless our community with music this Christmas season.

Rehearsals begin on 4 Aug

Time: 12.00pm – 1.30pm

Venue: Light 1 (L3)

Please contact Anne @ 9879 2318 to register and for more details. Registration closes Sun, 11 Aug.

• ANDROID PHONES FOR MISSIONS

If you have any unused, working android phones (with their chargers) and will like to donate them to our mission partners and beneficiaries (Sabah schoolhouses), please bring them to GLCC front desk at L4 before the 1st service and at L5 office after the 1st service onwards on Sun, 30 Jun to 14 Jul (inclusive).

• CHILDREN'S MINISTRY CLOSURE (5th SUNDAY)

Please be informed that there will not be any children's services on Sunday, 30 June 2024. You can bring your child with you to attend the worship service at Shine (English service) or Gospel (Chinese service) Auditorium. Alternatively, we will stream the English service at Hall 3, Attic level and Level 1 Canteen.

• NO VARSITY SERVICE IN JUNE

There will be no Varsity service in June. Service will resume on Sun, 7 Jul.

• CALLING ALL HUSBANDS!

Organised by the Family Life ministry Husband's group, please join us for a dinner social gathering on Wednesday, 3rd July from 7.30pm – 9.30pm. Kindly RSVP through WhatsApp (9783 0984 Ken) if you are interested to attend, or to find out more.

• JOB RECRUITMENT

Are you good with your hands and have training in electrical engineering? If so, join us to look after the house of God.

1. Technician

For more details of the job position, please visit our website at [Careers](#) or email Benita Teo at benita.teo@gospellight.sg.



CLASSES & MINISTRIES

• CONVERSATIONAL ENGLISH

Basic Convo English - suitable for those with little or no knowledge of English.

Date: 19 Jul – 27 Sep (Fridays)

Time: 2.00pm – 3.00pm

Venue: Hall 3 (Attic level)

Duration: 10 lessons

Material fee: \$5

Higher Basic - suitable for those who can speak simple English.

Date: 16 Jul – 17 Sep (Tuesdays)

Time: 2.00pm – 3.00pm

Venue: Hall 3 (Attic level)

Duration: 10 lessons

Material fee: \$5

Please contact Sue @ 9776 1377 to register and for more details. Registration closes Sun, 7 Jul.

• BEGINNING INDUCTIVE BIBLE STUDY

Date: 8 July - 22 November 2024

Discussion Leader: Brother Michael Lau

Study the Word of God inductively and know the God of the Word intimately.

We will be reading and observing the books of **Hebrews, Lamentations, Second Kings** and **Revelation** using *Precept New Inductive Study Series (NISS)* guides. What did God say and do in his relationship with the people, and what might we learn about God from His word and His works?

Your weekly commitment is 1-3 hours of personal reading and 2 hours of discussion in small groups. The cost is \$15/per book for the *NISS study guide* and Observation Worksheet (Optional).

Discussion sessions:

1. **Hebrews** Mondays: 7.30pm - 9.30pm
(08 Jul - 18 Nov 2024)
2. **Lamentations** Tuesdays: 7.30pm - 9.30pm
(09 Jul - 22 Oct 2024)
3. **Lamentations** Fridays: 9.30am - 11.30am
(12 Jul - 25 Oct 2024)
4. **Second Kings** Wednesdays: 9.30am - 11.30am
(10 Jul - 20 Nov 2024)
5. **Revelation** Thursdays: 9.30am - 11.30am
(11 Jul - 21 Nov 2024)

To register, visit: <https://bit.ly/44Bp7iB>

Registration closes Sun, 30 Jun.





• MEMBERSHIP CLASSES

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. Classes will be conducted on-site.

English

Date: Sun, 28 Jul & 4 Aug

Time: 1.30pm – 2.30pm

Venue: Hall 2 (L2)

Chinese

Date: Sun, 28 Jul & 4 Aug

Time: 12.00pm – 1.00pm

Venue: Hall 2 (L2)

To register, please visit this link: <https://bit.ly/3lkxtWk>.
Registration closes Sun, 30 Jun.

• EXPOSITORY BIBLE STUDY – GOSPEL OF JOHN

This Tuesday, 2 Jul, we will study John 10:1-21 and learn about Jesus being the good shepherd. The Zoom dial-in details for our session are as follows:

Date: Tue, 2 Jul

Time: 8.00pm

Join Zoom Meeting

<https://bit.ly/3pd7C7T>

Meeting ID: 851 8603 0760

Passcode: 211761

• SILVERJOY (SENIORS) MINISTRY

Every chapter of life is a gift from God. And our ministry for seniors celebrates that gift. SilverJoy isn't just a place for seniors to gather, it's a spiritual community of friendship and support.

Invite your pre-believing friends, neighbours or family members.

Date: 1st & 3rd Wed of the month

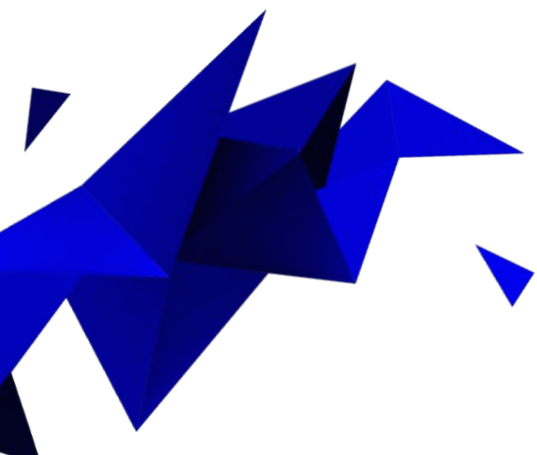
Time: 9.45am – 12.30pm

Venue: Connections Corner (L1)

Upcoming events coming your way. Join us!

Contact CE at 9753 7964 for enquiries

Date	Programme
3 rd July	Importance of Estate Planning Talk
17 th July	Fun Times
7 th August	Steps in Estate Planning Talk
21 st August	Mid-Autumn Lantern making





WORSHIP SERVICE

- **Wednesday Prayer Meetings – 8pm**

Venue: Hall 3, Attic

- **Sunday Prayer Meetings – 7:45am**

Venue: Cry Room at Shine Auditorium (L4)

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

(A)Worship Services

Congregational Service	Day and Time	Livestream Link
English @ Shine Auditorium (L4)	Sunday at 8:30am, 10:15am and 12:00pm	https://bit.ly/3SH45uZ (only available at 10:15am)
Chinese @ Gospel Auditorium (L2)	Sunday at 8:30am and 10:15am	http://bit.ly/2Ng0TXT (only available at 10:15am)
Filipino @ Gospel Auditorium (L2)	Sunday at 2pm	http://bit.ly/30FjYFU
Youth @ Gospel Auditorium (L2)	Saturday at 4:30pm No service on 4 th & 5 th week	Subscribe to Youth announcement channel https://t.me/+Yd524QzAjKk2Yzll
Varsity @ Light 1 & 2 (L3)	Sunday at 2:30pm *No service in June. Service resumes Sun, 7 Jul	Subscribe to Varsity announcement channel https://t.me/+WDu3myEwijpcxZWU1
Bahasa @ Reception Room (L1)	Alternate Sunday at 10:30am	For more information about our services contact 9628 5061/ 9117 6000
Telugu @ Gospel Auditorium (L2)	Sunday at 5pm and 7:30pm	http://bit.ly/30G4fXI

(B) Children Services - ***No children's service on Sun, 30 Jun**

Children's services are at **8:30am and 10:15am:**

(i) Playgroup (12 months - 35 months): Hall 3 at Attic Level

(ii) Preschool (36 months - 6 years): Eshkol Valley premise at Attic Level

(iii) Primary (Primary 1 to Primary 6): Light Auditorium at Level 3

(iv) Join our Whatsapp community for regular updates: <http://bit.ly/sonshineparents>

(v) Interested to explore serving in in Children's Minisrny? Email: children@gospellight.sg



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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