

The Silent Killer Of Marriages

Article by Elder Jeffrey Pang Shepherding Elder

According to marriage.com, poor communication is one of the leading causes of divorce. Thankfully for Christians, the Bible is not silent on communication. The Apostle James warns us about the tongue's power to do great harm (James 3:5). After 26 years of marriage, my wife and I have learned that communication is something we can improve over time.

James admonished us to be "quick to hear, slow to speak, slow to anger..." (James 1:19). For me, being quick to hear means being

physically and mentally present during conversations. It is about putting away distractions, like devices, and honouring my spouse with my full attention. Being quick to hear also means genuinely caring about what my wife is saying.

"Knowing that my wife is attempting to connect with me has helped me show genuine interest in what she has to say."

Over the years, I have heard many men say that their wives talk about the seemingly mundane details of their day. Often, these men are eager to interrupt, offering solutions. But what we fail to realize is that men and women often communicate differently. Women generally engage in rapport talk, aiming to connect, while men tend to use report talk, which focuses on gathering information. Knowing that my wife is attempting to connect with me has helped me show genuine interest in what she has to say. Being quick to hear also means that I must be listening to my wife's

heart, not just to her words. This takes practice, but I've learned that understanding the emotions behind her words is just as important as the words themselves.

On the flip side, being slow to speak has been equally important. Over time, I've learned that not interrupting my wife is a powerful way to show love and respect. It also means I shouldn't be quick to give opinions or advice. Sometimes what my wife needs is simply a listening ear, rather than my opinions or advice. Being able to offer that is my way of loving her.

James also urges us to be **slow to anger**. While it is true that God has made us beings with emotions, including anger, I have learned that I can express those emotions without hurting those around me. Being slow to anger means avoiding **hurtful** words, even if I am angry. I've also discovered that my tone of voice and body language can be just as impactful—if not more so—than the words I choose. Nothing edifying can come from an angry person, much less two. Giving each other space to **calm down before resuming**

the conversation often results in more productive communication. As Proverbs 20:3 reminds us, it's better to hold our tongues than to speak words we'll later regret, as once spoken, they cannot be taken back.

Despite these efforts, my wife and I are still works in progress. We still make mistakes—whether it's saying the wrong thing or using the wrong tone. That's why learning to apologize sincerely and to forgive quickly is often more important than perfect communication. Research on marriage consistently shows that forgiveness and grace are key to building lasting relationships.

Wishing you a happy marriage!

CHURCH CAMP 2025 - FAQ

Gyms are familiar to many of us, with different machines that help to work our different muscle groups. But how often do we flex and train our spiritual muscles? Borrowing the words of Paul in 1 Tim 4:7-8 "...Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." Come spend time with the family of God from 10 - 14 June 2025 in "Training for Godliness". FAQs for Church Camp 2025 is given here.

CHIT CHAT! (NEWCOMERS EVENT)

Are you new to Gospel Light? Did you discover us through a friend, our online services or social media? We'd love for you to get to know us better! Chit Chat is an informal social session onsite where you get to mingle with our Pastor, Elders and leaders. Ever wondered what kind of church we are and where are our roots? What does our mission and vision statement mean? Save the date and we look forward to a great time of chit chat!

Date: Sun, 17 Nov 2024

Time: 11.45am - 1.15pm

Venue: Gospel Auditorium (L2)

Lunch is provided.

Connect with us — <u>Register</u> now! Registration closes on Sun 10 Nov.

If you want to find out more, email Sue.

YEAR-END LOVE GIFT

We are collecting our year-end love gift for overseas mission workers and local workers via our General Fund account.

Collection Start Date: Sun, 20 Oct 2024
Collection End Date: Sun, 3 Nov 2024
* Love gifts received after 3 Nov 2024 will
go towards the general offering.

You may give in the following ways:

- i) Internet banking PayNow and internet bank transfer. Indicate "Love Gift" or "LG" at the bill reference section.
- ii) Cheque Indicate "Love Gift" or "LG" on the reverse of the cheque.
- iii) Offering boxes Enclose your offering in a sealed envelope and indicate "Love Gift" or "LG" on the envelope.

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If you would like to specify the recipient of the love gift, please indicate as follows:

- 1) Indicate "LG overseas" for overseas mission workers
- 2) Indicate "LG local" for local workers

CHURCH COMMITTEE UPDATE

We are thankful for Brother Joseph Ho who has served faithfully in the Church Committee for the past 7 years. As he moves on to help out with our Missions arm, Brother Lee Pak Sing has stepped up to helm the position of Secretary whilst Sister Sim Hwee Hoon has been appointed Assistant Secretary with effect from 15 October 2024. Let's continue to pray for our brethren who serve behind the scenes in the Church Committee.

YOUTH WHATSAPP CHANNEL

You can now stay updated with all announcements, activities and latest events on our newly launched Youth WhatsApp Channel!

CLASSES + MINISTRIES

VOLUNTEER TO BLESS OUR MIGRANT WORKER COMMUNITY!

Volunteer for our Migrant Worker health screening at Westlite Woodlands. We need a team of 6 doctors; 8 to 10 nurses plus 25 non-medical volunteers. A volunteer briefing via zoom will be conducted on Thu, 24 Oct at 8.30pm.

Date: Thu, 31 Oct

Time: 4.00pm - 8.00pm

Venue: Westlite Woodlands

The team will rally in church (39 Punggol Field Walk) at 2.00pm. Set up time at Westlite is 3.00pm.

Register as a volunteer today!

CLASSES + MINISTRIES

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.

Register to join us!

Date	Programme
06 Nov	Balik Kampung Series - Talk Feel Good
13 Nov	Learn Digital with E-Payment (数码益终身:乐学数码)

Contact 9753 7964 for enquiries / registration.

CLASSES + MINISTRIES

EXPOSITORY BIBLE STUDY – GOSPEL OF JOHN

We will take a break and class will resume Tue, 29 Oct. The Zoom dial-in details for our session are as follows:

Date: Tue, 29 Oct

Time: 8.00pm

Join **Zoom Meeting**

Meeting ID: 851 8603 0760

Passcode: 211761



"We do not make requests of you because we are righteous, but because of your great mercy."

Daniel 9:18







Prayer List
WE CAN ONLY MOVE FORWARD
AS A CHURCH BY PRAYER.
EMAIL US TO RECEIVE OUR
WEEKLY PRAYER LIST



Bereavement
WE MOURN WITH MEMBERS
WHO'VE LOST LOVED ONES.
(ROM. 12:15) STAY UPDATED
ON CHURCH BEREAVEMENT
NOTICES.



English @Shine Auditorium (L4)
Sunday at 8.30am, 10.15am, 12.00pm
Watch our livestream service at 10.15am only

Chinese @Gospel Auditorium (L2)
Sunday at 8.30am and 10.15am
Watch our livestream service at 10.15am only

Filipino @Gospel Auditorium (L2)
Sunday at 2.00pm
Watch our livestream service at 2.00pm

Youth @Gospel Auditorium (L2)
Saturday at 4.30pm
Subscribe to our announcement channel on
WhatsApp or Telegram.



Varsity @Light 1 and Light 2 (L3)
Sunday at 2.30pm *no service on 5th week
Subscribe to Varsity announcement channel

Bahasa @Reception Room (L1) Every alternate Sunday 10.30am For more info, please contact 9117 6000 / 96285061

Telugu @Gospel Auditorium (L2) Sunday at 5.00pm and 7.30pm <u>Watch</u> our livestream service at 5.30pm



PLAYGROUP

(12 - 35 months) @ Hall 3 (Attic) Sunday at 8.30am and 10.15am

PRESCHOOL

(35 months - 6 years) @ Eshkol Valley Premises (Attic) Sunday at 8.30am and 10.15am

PRIMARY

(Primary 1 - 6) @ Light Auditorium (L3) Sunday at 8.30am and 10.15am

Join our Whatsapp community
for regular updates

Contact us if you're interested to explore serving in Children's Ministry!



FULL GIVING DETAILS HERE



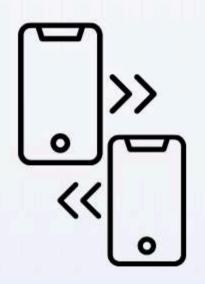
> PAYNOW
Unique Entity Number (UEN)
S88SS0082AGF1



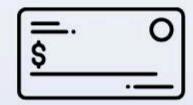
Scan With Your Bank App

All offerings will be directed to the "General" fund. State "Missions" in the UEN/Bill Reference No. section if you wish to designate the offering to our mission work.

Giving Online



> Internet Banking Transfer DBS Bank 033-021695-5



> Cheque
Make Payable to:
"Gospel Light Christian Church"
Write "Offerings" behind.

For internet banking transfer, indicate "General" or "Mission" to designate where the offering goes to

For cheques, you can further indicate on the reverse: "General Fund" 033-021695-5 or "Missions Fund" 001-042653-2.

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