



Freed from Me

Learning Gospel Humility from Tim Keller and C.S. Lewis

We live in a culture obsessed with self.
Whether it's curating the perfect image online or seeking validation through achievements, the spotlight of our minds rarely leaves center stage. But there is a freedom far greater than self-esteem or self-expression—it is the rare and beautiful gift of self-forgetfulness.

What is Self-Forgetfulness?

Tim Keller, in his short yet profound book

The Freedom of Self-Forgetfulness, defines gospel humility as "not thinking more of myself or thinking less of myself, it is thinking of myself less". That sounds simple, but it cuts deep. The gospel doesn't ask us to hate ourselves or inflate our ego—it invites us to take our eyes off ourselves altogether.

"Humility is not thinking less of yourself, but thinking of yourself less.".

C.S. Lewis, long before Keller, made a similar observation in *Mere Christianity*:

"Humility is not thinking less of yourself, but thinking of yourself less".

Both men were drawing on the same deep truth: the Christian is freed not by self-exaltation or self-loathing, but by being captivated by something—Someone—greater than the self.

Why Does This Matter?

The ego is exhausting. It constantly compares, competes, and criticizes. Keller puts it plainly:

"The ego is empty, painful, busy, and fragile". We feel this every time we're offended too easily, devastated by failure, or boastful in victory. True freedom comes when we stop needing to prove ourselves.

Lewis writes that the truly humble man "will not be thinking about humility: he will not be thinking about himself at all". That's the beauty of self-forgetfulness—it's not self-hatred, but self-liberation. When our self-regard fades into the background, joy, peace, and love can come forward.

How Is It Possible?

Both Keller and Lewis point to a surprising source: *our identity* in Christ. The Apostle Paul in 1 Corinthians 4:3–4 declares,

"I care very little if I am judged by you or by

any human court... It is the Lord who judges me".

Keller explains that Paul doesn't get his sense of worth from the opinions of others—or even his own opinion. Instead, Paul rests in the verdict of Christ. That's gospel self-forgetfulness.

What Does It Look Like?

Self-forgetfulness changes how we relate to others and ourselves:

- In relationships: We stop comparing and start celebrating. We can enjoy others' success without jealousy.
- In failure: We don't crumble under criticism because our identity isn't tied to our performance. As Keller says, "The more we rejoice in our salvation, the less we worry about our reputation".
- In ministry: We lead and serve not to be seen, but to point others to Christ and desire applause only for Him.

Final Thoughts

In a world that tells us to find ourselves by looking inside, self-forgetfulness seems paradoxical. But the gospel turns the thinking of the world upside down. True freedom is found not in focusing more on ourselves, but in self-forgetfulness. When Christ increases and we decrease, our joy will be full.

As Tim Keller reminds us: "The only person whose opinion counts loves you completely".

And in that love, we are finally free—not to obsess over ourselves, but to *lose ourselves* in worship, in wonder, and in service to others.

YEAR-END LOVE GIFT – FOR OVERSEAS MISSION WORKERS

- Collection **Start Date**: Sun, 26 Oct Collection **End Date**: Sun, 9 Nov Note: Love gifts received after 9 Nov will be considered as a church offering.
- i) Internet banking PayNow and internet bank transfer. Indicate "Love Gift" or "LG" in the reference section.
- ii) **Cheque** Indicate "**Love Gift**" or "**LG**" on the reverse of the cheque.
- iii) Offering boxes Indicate "Love Gift" or "LG" on the front of the envelope.

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, 16 Nov

Time: 11.45am - 12.15pm (Welcome and intro leaders)

Lunch: 12.15pm - 1.15pm (Lunch fellowship)

Venue: Gospel Auditorium (L2)

Connect with us − <u>Register</u> now! Registration closes on Sun, 9 Nov.

If you want to find out more, connect with Sue at **9776 1377** or **email**.



OUR SENIORS

SERVE OUR SENIORS — 3 WAYS

1) AST Luke's Residence (Nursing Home) — Saturdays, 3.00pm-5.00pm

What to expect? Small, home-like group (≈20–30).

Roles:

- Worship leads/musicians
- Devotion sharers (screened) ·
- Befrienders.

Occasional: help at Christmas/Easter/NDP.

2) St Luke's Eldercare — Fridays, 10.00am-12.00pm

What to expect? Centre-wide outreach (many pre-believers).

Format: Worship · Word · Prayer.

Roles: Sefrienders (post-service chats) ·

Chinese-speaking especially welcome.

3) NTUC Nursing Home (Pasir Ris) Last Sunday, 2.30pm-5.00pm (bi-monthly)
Role: Befrienders for regular visits and conversation.

Keen to help? WhatsApp us@9753 7964

VOLUNTEERS NEEDED FOR CHILDREN'S MINISTRY!

OUR MINISTRY IS GROWING-HELP US POINT LITTLE HEARTS TO JESUS!

YOUR IMPACT? EVERY ADULT VOLUNTEER = +5 PRESCHOOLERS OR +10 PRIMARY KIDS WELCOMED.

- ROLES (PICK ONE)
- SMALL GROUP LEADER (MEMBERS)
- TEACHING ASSISTANT
- FRONT DESK / OPS
- ACTIVITIES TEAM (WEEKDAY)

EXPLORE FIRST — 30-MIN CM TOUR

- SUN, 19 OCT, 10.30AM TO 11.00AM
- SUN, 2 NOV, 10.30AM TO 11.00AM

SIGN UP

- APPLY OR TO FIND OUT MORE DETAILS ABOUT ROLES
- CAN'T DO SUNDAYS? SERVE AT OUTREACH EVENTS

GOT QUESTIONS? (2)

HUSBAND GROUP: PICKLEBALL NIGHT!

Date: Tue, 21 October

Time: 6.00pm - 9.00pm

Venue: Foyer (L2)

About Husband Group

We're a fellowship of men-husbands at different life stages—who support one another and grow in Christ as we walk the marriage journey together. 🐃 🕇

Event details

Come play, learn, and meet fellow husbands-no experience needed. Gear provided, refreshments included. Bring a friend!

RSVP (both required):

1. Register here

2. Jeremy: 9679 1169

See you on court!



WOMEN'S MINISTRY QUARTERLY EVENT

Ladies, come join us! 🗱 🦮

Have you struggled with the challenges of living a holy life in a fallen world? Join us for an afternoon of fellowship and sharing, as we explore why and how to rejoice, when we suffer for righteousness.

Topic: Suffering for Good

Date: Sat, 1 November

Time: 2.00pm - 4.15 pm (followed by a

simple tea)

Venue: Shine Auditorium (L4)

Don't miss this time to fellowship and learn with other sisters-in-Christ!

Register here. Registration closes on 12 Oct 2025 or when registration is full, whichever is earlier. For more details, drop us an email.

CLASSES + MINISTRIES

SILVER JOY (SENIORS) MINISTRY

Every chapter of life is a gift from God. And our ministry for seniors celebrates that gift. Silver Joy 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: Weds, excluding the 5th Wed of the month

Time: Refer to the table below

Yenue: Gospel Light Christian Church Upcoming events coming your way.

Date	Programme
15 Oct	National Museum of Singapore
22 Oct	Rummikub Game (9.00am - 12.00pm)

Contact 9753 7964 for registration / enquiries.

CLASSES + MINISTRIES

EXPOSITORY BIBLE STUDY – GOSPEL OF LUKE

This Tue, 14 Oct, we will study Luke 4:1-13 where we will study the temptation of Jesus Christ. The Zoom dial-in details for our session are as follows:

Date: Tue, 14 Oct

ATime: 8.00pm

Join Zoom Meeting

Meeting ID: 851 8603 0760

Passcode: 211761

Prayer Meetings

"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need." Heb. 4:16



Wednesday 8PM | HALL 3 (ATTIC LEVEL)



Sunday 7.45AM | CRY ROOM SHINE AUDITORIUM LEVEL 4



Prayer List
WE CAN ONLY MOVE FORWARD
AS A CHURCH BY PRAYER.
SUBSCRIBE TO 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
of the month
Subscribe to Varsity announcement channel

Bahasa @Hall 1 (L2)
Every alternate Sunday 10.30am
For more info, please contact
9117 6000 / 9628 5061

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

(36 months - 6 years) @ Eshkol Valley Premises (Attic) Sunday at 8.30am, 10.15am and 12.00pm

PRIMARY

(Primary 1 - 6)

@ Light Auditorium (L3)

Sunday at 8.30am, 10.15am, 12.00pm*

*12.00pm service held at Eshkol Valley Premises (Attic)

Join our Whatsapp community
for regular updates

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



FULL GIVING DETAILS HERE



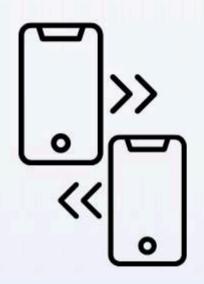
> PAYNOW
Unique Entity Number (UEN)
S88SS0082AGF1



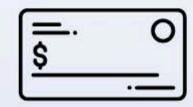
Scan With Your Bank App

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.