



# WEEKLY BULLETIN

GOSPELLIGHT.SG

2 NOVEMBER 2025

*Leading generations*

INTO A LIFE-CHANGING  
RELATIONSHIP WITH JESUS CHRIST.





# Breaking Free: Pornography, the Church, and the Hope of Christ

*Elder Jeffrey Pang*  
*Shepherding Elder*

In 2015, *The Daily Signal* described internet pornography as “*the public health crisis of the digital age*”. A decade later, the problem has only intensified. With technology making access easier than ever, pornography now attracts **more monthly visitors than Netflix, Twitter, and Amazon combined.**

Since 2018, the **World Health Organization (WHO)** has recognized **Compulsive Sexual Behaviour Disorder (CSBD)** in its

*International Classification of Diseases (ICD-11)*. CSBD is defined as a persistent inability to control intense, repetitive sexual impulses or urges that cause distress or impairment. Behaviours under this category include **excessive pornography use and compulsive masturbation**, often used as unhealthy ways to cope with emotional pain, stress, or loneliness.

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**“The Church is not exempt from the cultural tide, but it is called to stand against it with grace and truth”.**

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## **The Church Is Not Immune**

A **2023 Barna study** revealed that **54% of practicing Christians** view porn at least occasionally, and 22% view it weekly. Even among pastors, **67% admitted to past use**, and **18%** said they currently struggle. Most strikingly, **74% of Christians** report that *no*

*one is helping them overcome porn.*

“The Church is not exempt from the cultural tide, but it is called to stand against it with grace and truth”.

Beyond moral concern, research shows that compulsive porn use harms individuals **spiritually, psychologically, physically, and relationally**. It fuels shame, anxiety, and sexual dysfunction, and damages intimacy in marriages and relationships.

## **The Root: A Deeper Longing**

According to the **Laurel Centre (UK)**, three main factors often underlie porn addiction: **opportunity, attachment injuries, and trauma**.

- **Opportunities** involve unstructured time and easy access.
- **Attachment injuries** are emotional wounds formed when caregivers fail to meet a child’s need for safety and love, leading to insecure attachment.

- **Trauma** includes neglect, abuse, or abandonment in childhood or early adulthood.

Together, these factors reveal that behind pornography addiction often lies a **deeper longing for intimacy, acceptance, and affirmation**: needs that may have gone unmet in a person's life.

## **The Remedy: Steps Toward Freedom**

Porn addiction is a complex struggle that requires time, grace, and perseverance.

While there is no quick fix, three key steps can guide believers toward healing and freedom:

### **1. Community of Grace**

A community of grace is a safe and authentic space where believers confess sins to one another (*James 5:16*) and find prayer and encouragement rather than condemnation. Truth is spoken in love, and grace makes room for healing and growth. Such communities thrive only when leaders

model humility and empathy.

## 2. Pursuit of Christ

Cultivate spiritual practices—**worship, prayer, Scripture reading, journaling, and service**. These means of grace open the heart to the Spirit’s transforming work and help **rewire the brain** through new, healthy habits that replace destructive ones.

## 3. Removal of Access

While total disconnection may be impossible, practical steps, such as installing accountability software, setting device boundaries, fasting from social media, or even using a minimalist phone—can reduce temptation. Jesus said, “*If your right eye causes you to stumble, gouge it out and throw it away.*” (Matthew 5:29). A vivid call to take radical steps to guard the heart.

## Hope and Victory in Christ

Pornography is a growing wound in the church. Beyond the stats lies a deeper loss: it steals joy and peace from true intimacy with the triune God—a counterfeit offered by the enemy. To those who feel trapped, take heart: victory is in Christ, not willpower. “My grace is sufficient for you, for My power is made perfect in weakness” (2 Cor 12:9).

*Read Elder Jeffrey’s full [article](#) on this topic*

# עקוּפּוּ



COMING JAN 2026



**READY TO GROW DEEPER IN A WAY THAT FITS REAL LIFE? EQUIP IS A YEAR-LONG, MONTHLY TRAINING JOURNEY THAT BRINGS SEMINARY-LEVEL TOPICS TO EVERYDAY DISCIPLES IN AN INTERACTIVE, GROUP-BASED FORMAT. CONDUCTED BY OUR PASTORS, SHEPHERDS AND LEADERS.**

### **WHAT YOU'LL LEARN**

- **KNOW GOD & HIS WORD: BIBLE SURVEY, CANON, HERMENEUTICS, TRINITY**
- **GOD'S PURPOSE: SIN & SALVATION, ESCHATOLOGY, CHURCH**
- **LIFE & PRACTICE: EVANGELISM, FAMILY & SEX, WORK & MONEY**
- **TODAY'S ISSUES: CREATION, PROPHECY, CHURCH HISTORY, CULTURE/LGBTQ\***

### **WHY JOIN**

**·INTERACTIVE LEARNING · TABLE DISCUSSIONS · REAL-LIFE APPLICATION · CHURCH-FRIENDLY PACE**

### **REGISTRATION**

**OPENS 9 NOV. SAVE YOUR SEAT EARLY!**



**(17–20 DEC): YOUTH CAMP 2025**

**IN A WORLD THAT FEELS LIKE A  
BOX OF LIMITS AND PRESSURE,  
YOU'RE INVITED TO MARK YOUR  
[X] AND STEP INTO HOPE.**

**WHETHER YOU'RE NEW TO CHURCH  
OR GROWING IN YOUR FAITH, JOIN  
A COMMUNITY OF SEEKERS  
CHOOSING FREEDOM TOGETHER  
THROUGH MEANINGFUL SESSIONS,  
TEAMS, AND STORIES.**

**REGISTER TODAY!**

# CHURCH HAPPENINGS

## BEGINNING INDUCTIVE BIBLE STUDY (BIBS) - JAN-MAY 2026

Beginning Inductive Bible Study (BIBS) is an online platform where we meet to Investigate what the Bible says, so as to Interpret what the Scriptures meant, and then discuss the Implications of the Word in our daily lives. We study the word of God inductively that we may know the God of the word intimately and follow Jesus faithfully in the power of the Spirit.

 **BIBS January to May 2026** is as follows:

 **1 Corinthians:** Mondays 7.30pm - 9.30pm – (15 Jan – 25 May)

 **Ezekiel 1-24 (Part A) (Men's group):** Wednesdays 9.30am - 11.30am – (21 Jan – 27 May)

 **1 Corinthians:** Fridays 7.30pm - 9.30pm – (23 Jan – 29 May)

 Venue: Classes are conducted via Zoom

 **Enrol** now!

Registration closes on Sun, 30 Nov.

# CHURCH HAPPENINGS

## CALLING ALL HUSBANDS - INVITATION TO YEAR-END DINNER FELLOWSHIP

Calling all Husbands! Family Life Ministry is organizing a year-end buffet dinner event. Join us for an evening of makan and male fellowship. The event is free of charge.

 Date: Tue, 2 Dec

 Time: 7.30pm

 Venue: Foyer (L1)

 Registration required — **Register** now!

# CHURCH HAPPENINGS

## 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.

# CHURCH HAPPENINGS

## 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 — **Register** now!  
Registration closes on Sun, 9 Nov.

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

# CHURCH HAPPENINGS

## **APIIS MMIN (CLASS OF 2026–2027)** **— REGISTRATION OPEN!**

APIIS (Asia-Pacific Institute of International Studies), GLCC's training ministry offers **free 21st-century training** for Christians.

Join the **2-year online Master of Ministry (MMin)** to “**master your ministry**”.

### **Format & Commitment**

-  ~15 hrs/week self-study + weekly quiz
-  2-hr Zoom discussion each week
-  Choose Mon 8–10pm or Tue 8–10am (GMT+8)

 **Who's it for?** Pastors, ministry leaders, and any Gospeliter hungry to grow.

### **How to register**

**Register** now or contact:

 [registrar@apiis.org](mailto:registrar@apiis.org) | +65 9070 2809 / +65 8014 2581

Registration closes on Sun, 30 Nov.

 [apiis.org](http://apiis.org) |  Facebook: **APIIS MMin Program**

# 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

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

| Date   | Programme                        |
|--------|----------------------------------|
| 05 Nov | Seniors Sports Game Day          |
| 12 Nov | Rummikub Game (9.00am - 12.00pm) |

 Contact **9753 7964** for registration / enquiries.

# CLASSES + MINISTRIES

## EXPOSITORY BIBLE STUDY – GOSPEL OF LUKE

We will take a break and class will resume on Tue, 18 Nov. The Zoom dial-in details for our session are as follows:



Date: Tue, 18 Nov



Time: 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.**



# WORSHIP SERVICES

**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](#).



# WORSHIP SERVICES

**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

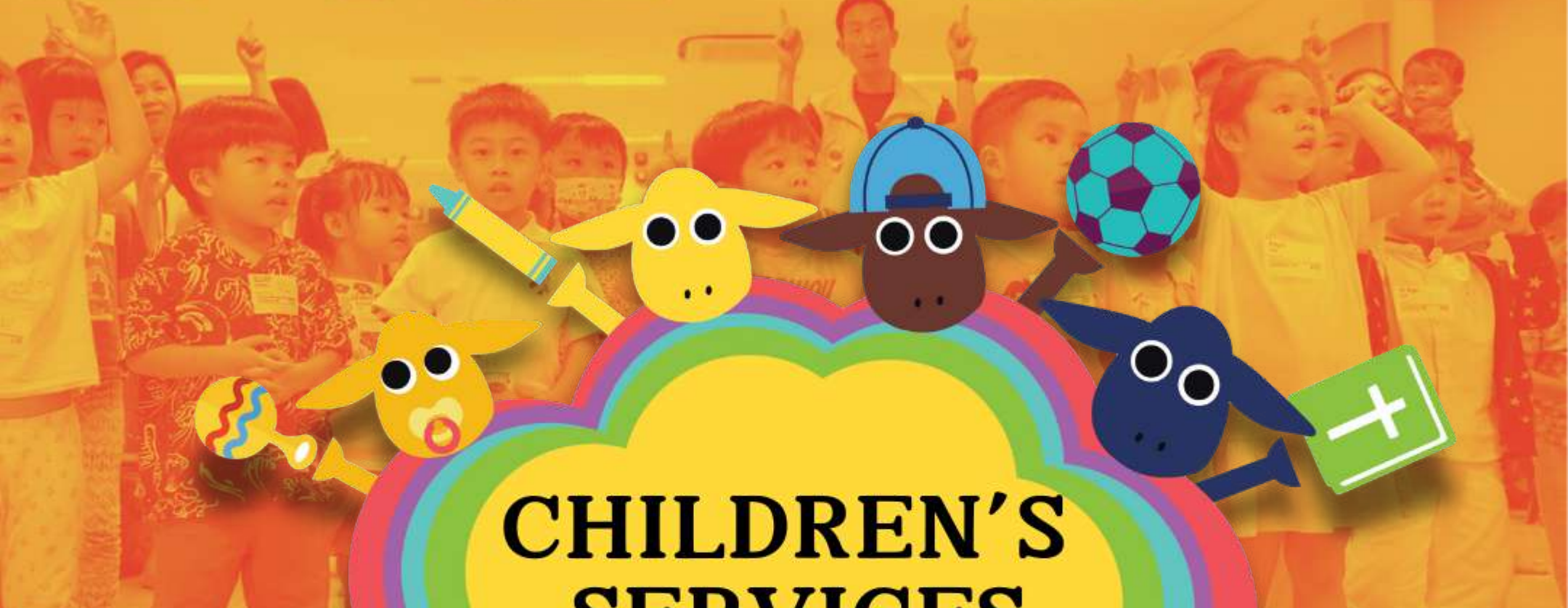
For more info, please contact

9117 6000 / 9628 5061

**Telugu** @Gospel Auditorium (L2)

Sunday at 5.00pm and 7.30pm

[Watch](#) our livestream service at 5.30pm



# CHILDREN'S SERVICES

## 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!

# Giving Online

FULL GIVING DETAILS [HERE](#)



**> PAYNOW**

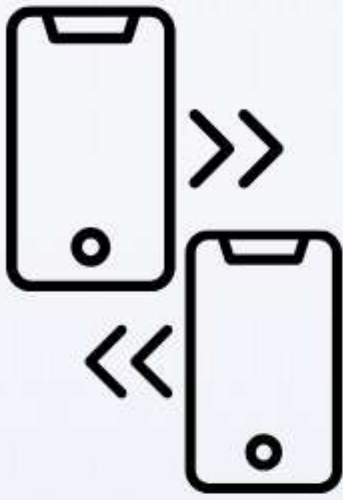
**Unique Entity Number (UEN)  
S88SS0082AGF1**



**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.