

## » COVENANT EAST PICNIC &amp; GAMES

Have you been called to Covenant East? Let's play and bond as a Covenant East Family! Bring your kids and family, and even your pets to a morning of fun, food and fellowship.

**Date:** 25 Jun (Sat)

**Time:** 9am–12pm

**Venue:** East Coast Park

RSVP at <http://tinyurl.com/CEFCEastPicnic>

If you would like to help with food or games, email us by 20 Jun:

Food – [jessie.quek@hotmail.com](mailto:jessie.quek@hotmail.com)

Games – [linda.chew@cefc.org.sg](mailto:linda.chew@cefc.org.sg)

## » CHILDREN'S FEST

Children's Fest is happening on 26 Jun—two Sundays from now! We still need around 70 servers for **Bukit Panjang** to serve in mascot security, ushering, queuing and at the info booth. Sign up with your CG through SGI. If you don't have a CG yet, contact Aiwei at 6892 7219 or [caiaiwei@newlife.org.sg](mailto:caiaiwei@newlife.org.sg)

## Leaders' Briefing Today

BPJ Centre: 2.45pm–4.00pm, Chapel

WDL Centre: 12.45pm–2.00pm

Joy and Love Rooms

## » FLORAL OFFERING

Today's floral offering is sponsored by Elder Lawrence Chua in remembrance of his wife Emily Chua who was called home by the Lord 16 years ago on 14 Jun 2000.

## » PRAYER &amp; PRAISE

Singapore is facing an ageing population. Our senior citizens are a treasured group of people and we also want to recognise the important role of caregivers. Mr Kelvin Lee, manager at Touch Caregivers Support, will share some challenges we are facing as an ageing society. Let's come together and keep watch over our elderly and retirees!

**Date:** 24 Jun (Fri)

**Time:** 8pm

**Venue:** WDL Centre

## » SERVE IN CHILDREN'S CHOIR

Children's Choir is looking for a volunteer instructor to co-teach a Children's Hand Chimes Ensemble. For more details, contact Shirley Chan at [shirleychan60@hotmail.com](mailto:shirleychan60@hotmail.com)

## » IDMC CONFERENCE 2016

Sign up for IDMC Conference 2016:

Marketplace Discipleship through Voyager.

Invite your friends and they will enjoy \$30 off the registration price of \$280 if they use the coupon code *MKTCEFC* at [www.idmc.org.sg](http://www.idmc.org.sg)

## » SUNBEAM NEXT SUNDAY

Parents are reminded that BPJ Sunbeam P1–P4 children will be bussed to WDL Centre for combined services next Sun, 19 Jun. Please refer to bus timings given earlier. For enquiries, email [tng.sunbeam@cefc.org.sg](mailto:tng.sunbeam@cefc.org.sg)

BUKIT PANJANG 12 JUN 2016

SERVICE LEADER PS YAM KENG MUN // WORSHIP LEADER JONATHAN CHI



## Stay Focused

BY: PS SHARON FONG, DISTRICT MENTOR

In an efficiency-driven country like Singapore, the ability to multi-task is highly applauded. If one is able to multi-task and completes various responsibilities on the plate, that person is usually well-esteemed by others. However, is multi-tasking a defining factor for success in life?

Some months ago, I went for my usual jogging routine. In order not to affect the timing of my run, I decided to stay at the fast speed while selecting a song on my iPhone at the same time. Lo and behold, in that simple process of multi-tasking, I was distracted. I missed my step and had a bad fall that led to a surgery and three weeks of medical leave. That was a painful lesson on multi-tasking that led to a distracted run and an unfortunate fall. Interestingly, multi-tasking may be blessing but also a stumbling block for us to stay focused and finish well.

I realised that the habit of multi-tasking has insidiously permeated the way we work, how we spend our leisure time,

and even how we observe our Sabbath. Walter Brueggemann says that one of the enemies in modern Christianity is multi-tasking as it has gradually become a drive to be more than who we are and to control more than what we can. Such a habit constantly yields a divided self who is present but absent; efficient but distracted. Often, we multi-task to an extent that we may be keeping sight of our deadlines but losing sight of God who is ever present with us. Proverbs 4:25 says, "Let your eyes look directly forward, and your gaze be straight before you." From this verse, we are reminded to stay focused on proper goals in life and not only the tasks at hand. Metaphorically, this verse also conveys that when a person is distracted from the right path, he is prone to stumble.

As we desire to press forward in light of 2028 *Vision*, let us make every effort to stay focused on the proper goals in life, stand firm, and finish well in the race.

Let's run and stay focused on God!



## VISION

AUTHENTIC  
DISCIPLESHIP  
& INTENTIONAL  
DISCIPLEMAKING  
OF A CERTAIN KIND

## VALUES

GRACE  
GROWTH  
GODLINESS

## COVENANT EFC

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# SERMON OUTLINE



## One God, One Church

Scripture: **EPHESIANS 4:4-6** Sermon: **PS ANDY LEW**

### Introduction

In our increasingly individualistic society, Paul urges us as Christ's disciples to "be eager to maintain the unity" that we have in Christ (Eph 4:3).

Why should we make every effort to maintain our unity?

Three Foundational Reasons:

#### A. We Are One Body by the Holy Spirit

*There is one body and one Spirit ... (v.4)*

#### B. We Have One Faith in the Lord Jesus Christ

*one Lord, one faith, one baptism (v.5)*

#### C. We Are One Family Under God our Father

*one God and Father of all, who is over all ... (v.6)*

### Conclusion

Make our unity visible!

Next Week's Sermon Speaker:  
19 Jun **REV DR TAN SOO-INN** (BPJ and WDL)

# LAST WEEK'S SERMON SUMMARY



## Walk Worthy of the Call

Scripture: **EPHESIANS 4:1-3** // Sermon: **PAUL SHI**

### A. Therefore, I Urge You

Therefore since:

1. We have been blessed with every spiritual blessing in **Him**, we have been redeemed, and the Spirit of God has sealed us for an inheritance (Eph 1:3-14).
2. We were unregenerate, but by God's grace, we have been saved and placed in the heavenly places with Christ (Eph 2:1-10).
3. We were far from God, but now we are brought near by the blood of Christ (Eph 2:11-22). It's important to have healthy spiritual development in:
  - Theology and knowledge of God (chapters 1-2)
  - Allowing God's truth to enter our interior life (chapter 3)
  - Practical Christian living (chapters 4-6)

### B. Walk Worthy of the Calling

1. "Walk" means to live. Our Christian faith is to be lived out daily.
2. Worthy: We need to live worthy knowing that we are children of God. Look at the prodigal son.
3. Calling:
  - a. We are primarily called to an intimate relationship with God.
  - b. We are all called to be disciplemakers.
  - c. We are called for a specific assignment.



### C. Walk Humbly in Unity

1. The unity of the Church is high on God's priority list.
2. The manner and posture that we are to walk in our calling is one of humility, gentleness, patience and forbearance.
3. Humility was not commended in Roman culture.
4. "Forbearance" written in Chinese is "knife on a heart, with a drop of blood".
5. When we find ourselves in a difficult situation, they are opportunities to demonstrate the manner worthy of our calling.

### Conclusion

Sometimes we treat our Christian lives like a compass, wanting God to always direct us; but for the compass to work, we need to make sure that the magnet is attracted to the true north. So likewise, we need to ensure that our hearts are drawn to the LORD.