

VISION 2028 & BEYOND

A **MILESTONE**  
to *strengthen*  
OUR **FOUNDATIONS**  
for an **IDMC**  
*MOVEMENT*

COVENANT EFC

ACKCentre

2 Kallang Avenue, CT Hub #10-26, Singapore 339407

**ONE CHURCH MULTIPLE CENTRES**

BPJ Centre: Sun 8.30am, 10.30am, 12.30pm

WDL Centre: Sun 8.30am & 10.30am

East Centre: Sun 9am & 11am

T (65) 6892 6811 • E [mail@cefc.org.sg](mailto:mail@cefc.org.sg) • W [www.cefc.org.sg](http://www.cefc.org.sg)

FB [www.facebook.com/CovenantEvangelicalFreeChurch](https://www.facebook.com/CovenantEvangelicalFreeChurch)

**EAST, 13 JANUARY 2019**

SERVICE LEADER **BENJAMIN SUN** // WORSHIP LEADER **DAVID CHONG**

## Antidote to the Busy and Barren Life

PS ADRIAN CHAN, PASTORAL STAFF, INTEGRATED EQUIPPING

In 2007, CNN reported a psychology professor's study of walking speed in 32 cities. The study found that "people in the greatest hurry live in Singapore". New York came in at 8th and London at 12th. The study sees walking pace as a measure of the cities' pace of life. Today, has our pace of life quickened even further? But does going faster make us weary, barren and lost? Are we prioritising our time and energy in aspects which truly matter, such as self-care, family, relationships and meaningful work? Although meaningful engagements require a period of busyness, I hope we are not busy all the time. We need the wisdom of balance to stay refreshed and rejuvenated in life.

According to Rev Edmund Chan, the key to being refreshed amidst busyness is to keep our spiritual anchor deep in God. It is to centre down in God. Many of us learned this from him in Intentional Discipleship Training (IDT) about turning around from a life of busyness, boredom and barrenness. It is vital to revisit these principles again. **Amidst a busy life, while the world's prescription is to slow down, God's prescription is to centre down:**

Slowing down deals with **our running.**

Centring down deals with **our lostness.**

Slowing down questions **our capacity.**  
Centring down questions **our confusion.**

Slowing down offers us **a consolation.**  
Centring down offers us **a compass.**

Slowing down helps us **catch a breath.**  
Centring down helps us **catch a vision.**

Slowing down **blames the external environment.**  
Centring down **examines inner roots.**

Slowing down is a **vicious cycle.**  
**Centring down is a vital solution!**

Slowing down seeks to **add Jesus** to our crowded schedule.  
Centring down **anchors Jesus as Lord** of all our schedule!

Worldly intelligence has not understood these principles revealed to those belonging to Jesus (Matt 11:25-30). Jesus has called out: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Jesus calls us again today to learn about the abundant life from Him. Will you centre down your life in Him?

# S E R M O N O U T L I N E

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SCRIPTURE **EPHESIANS 5:15-16** // SERMON **REV EDMUND CHAN**

## ONE LIFE TO LIVE

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### **Introduction**

1. Six words. Profound words.
2. Three major ideas come out of these six words.

### **A. DON'T MISS GOD'S GRACE!**

*"Making the most of every OPPORTUNITY"*

### **B. DON'T LOSE YOUR MOMENTUM!**

*"Making THE MOST of every opportunity"*

### **C. DON'T SETTLE FOR LESS!**

*"Making the most of EVERY opportunity"*

**Conclusion. Only ONE Life To Live: "Make the MOST of EVERY OPPORTUNITY"!!**

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**NEXT WEEK'S SERMON SPEAKERS:**

20 JAN - PAUL SHI (BPJ), REV DR CHUA CHUNG KAI (WDL) AND PS MATTHEW LO (EAST)

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# ANNOUNCEMENTS

## AGM NOMINATIONS

Nomination of office bearers for the Church Board for the term 2019-2020 is now open. Please get the nominations forms at the Information Counter and submit by 27 Jan 2019 to The Honorary Secretary, Covenant Evangelical Free Church, 2 Kallang Avenue, #10-26, CT HUB, Singapore 339407. Candidates will be considered by the nominations committee and subject to Board approval. For enquiries, contact Sandy Siak, Honorary Secretary at [honsec@cefc.org.sg](mailto:honsec@cefc.org.sg)

### Nomination Committee

Nomination Chairman: Roger Loh  
Senior Pastors: Rev Tony Yeo and  
Rev Tan Kay Kiong

Board Chairman: Elder Louis Tan  
Board Honorary Secretary: Sandy Siak  
Board Members: Chang Li Lin and  
Patrick Lim  
Lay Members: Paul Ong and  
Tan Hwee Kiat

## FUNDRAISING DINNER

We are organising a fundraising dinner as part of our efforts towards the \$40 million Seed Fund for Vision 2028 & Beyond. Invite your non-Covenanter Christian friends to join us on this evening, to support our call to grow the IDMC movement in Singapore and globally. There will be a silent auction of artworks created by Covenant and various artists.

**Date:** 2 Mar 2019 (Sat)

**Time:** 5.30pm – 9.30pm

Register at <http://cefc.ch/fundraising2019> For enquiries, email [fundraising.dinner@cefc.org.sg](mailto:fundraising.dinner@cefc.org.sg)

## HOKKIEN & MANDARIN SERVICES

Please take note of the following:

**19 Jan: Combined Hokkien Service**

Venue: WDL Centre, Lv 4 Chapel

Time: 2:30 - 4:15PM

(No Hokkien service at BPJ centre)

**20 Jan: Combined Mandarin & China Fellowship Service**

Venue: BPJ Centre, Main Sanctuary

Time: 3:30 - 5:00PM

(No Mandarin service at WDL centre)

## COVENANT CHOIR

Do you have a passion for singing? The Covenant Choir is looking for new members to join their family! Audition will be held on 26 Jan. Interested Covenanters please sign up at <https://step-up.cefcapps.com> For more details, email [cv.chorale@gmail.com](mailto:cv.chorale@gmail.com)

## INVISIBLES RECRUITMENT

Are you looking for a fun and supportive community to serve the Lord together? Come and be a part of *The Invisibles!* We are looking for volunteers to serve in the area of audio, visual, video, and lights. Training will be provided. Sign up at <https://step-up.cefcapps.com> today! Email [barnabas.ngai@cefc.org.sg](mailto:barnabas.ngai@cefc.org.sg) for more information.

## MEMBERSHIP CLASS

**Date:** Sat, 26 Jan

**Time:** 9:00am – 4:00pm

**Venue:** ACKCentre

Register at the Information Booth.

## COMMUNITY BLESSINGS

It is currently a good time of the year to bless seniors with mobility issues and are living alone! These seniors' existing meal delivery service takes a temporal break during the 1st and 2nd Day of Chinese New Year. We invite Covenanters to prepare home-cooked food and delivery as our way to love the community for Christ. Please message Vincent Chia on Whatsapp at [98428275](tel:98428275) to sign up or enquire.