



# FIRST BAPTIST CHURCH SUBANG JAYA

*Weekly Newsletter | 22 Mar 2020*

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# FEAR

## PRAYING OUR FEARS: PART 1

*by Dr. Peter Ng*

As of the 18th of March, we have been suddenly plunged into a frightening new reality. If the current political instability was not enough to scare us, there is now a restricted movement order that changes the very way of life for all of us. The 24 hour news cycle on the television and social media just been an unending stream of bad news conjuring up the spectre of fear. Fear exposes the worst in people. In Australia ,CNN showed long lines of people desperately fighting over toilet paper whilst at the same time in the US there were long lines for the purchase of guns revealing the different proclivities of each nation. Fear reveals racial prejudice evidenced by the assault on ethnic Chinese in Western countries fueled in part by a reckless American President referring to it as the “ Chinese” virus.



This is kind of paranoia is a throw back to the Middle Ages during the Black Plague, when it was the Jews who were vilified as well as black cats! In fact Pope Gregory IX had apparently proclaimed that the black cat was an incarnation of Satan and issued a death warrant that resulted in the decimation of the hapless felines all over the empire. One can imagine the impact of that when it was fleas off the back of rats which were the cause of the plague. Our black cats of today are now the millions of hapless bats vilified as the source of the virus but as in the CNN article on 19 March 2020 by Nick Paton pointed out, “the bats are not to blame we are”. The destruction of their natural habitats degraded their immune systems allowing infections to increase and to be excreted -- to be shed and passed to humans in a phenomenon known as zoophytic spillover. Not in paranoia but a rational understanding of fear and how to face it head on.

For the Christian fear is not seen as an anomaly or a deficit of faith. **Courage is not the absence of fear but our response to the presence of fear.** What this present crisis needs to do in our lives is to solidify our faith and make it a daily reality rather than just a Sunday ritual which has all but evaporated with the restricted movement order.

Psalm 3 is a good place to begin our journey in to learning to pray our fears.

**"LORD, HOW MANY ARE MY FOES! HOW MANY RISE UP AGAINST ME! MANY ARE SAYING OF ME, "GOD WILL NOT DELIVER HIM."  
PSALM 3:1-2**

In the opening verse, King David addresses his fears towards the only one who could save him, His God. In the opening verse, King David addresses his fears towards the only one who could save him, His God. Historically this psalm was written when David was overthrown by his very own son Absalom.

**"BUT YOU, LORD, ARE A SHIELD AROUND ME, MY GLORY, THE ONE WHO LIFTS MY HEAD HIGH."  
PSALM 3:3**

This is the most powerful statement of faith here. A military metaphor appropriate for his embattled situation. A contemporary translation that would be more relevant to us would be to say: "But you, O LORD, are a face mask about me, my glory, and the lifter of my head."

A shield or in our case a face mask, does not prevent one's enemies from continuing their assault. I suspect many of us secretly harbor convictions that our cries for help will be met with the removal of attacks or of the dangers we face. It never did in David's case nor will it in ours as well.



However the attacks will not cut us off from the security of God's love. The shield or the face mask provides the the cover for us to press on the attack upon the enemy so we will not be paralyzed with fear.

Take a look at the General Joab who rallies his troops and gives them instructions on tactics in his up coming battle against the Syrians. 2 Samuel 10:12- "Be of good courage, and let us be courageous for our people, and for the cities of our God, and may the LORD do what seems good to him."

### **HIS FAITH IS IN GOD AND THE OUTCOME IS ALSO LEFT TO HIM.**

Never the less he charges into battle confident that he is covered by the shield of God's love, that he is never far away from the protection and care of God. How about Esther, when she risked her life in an unauthorized



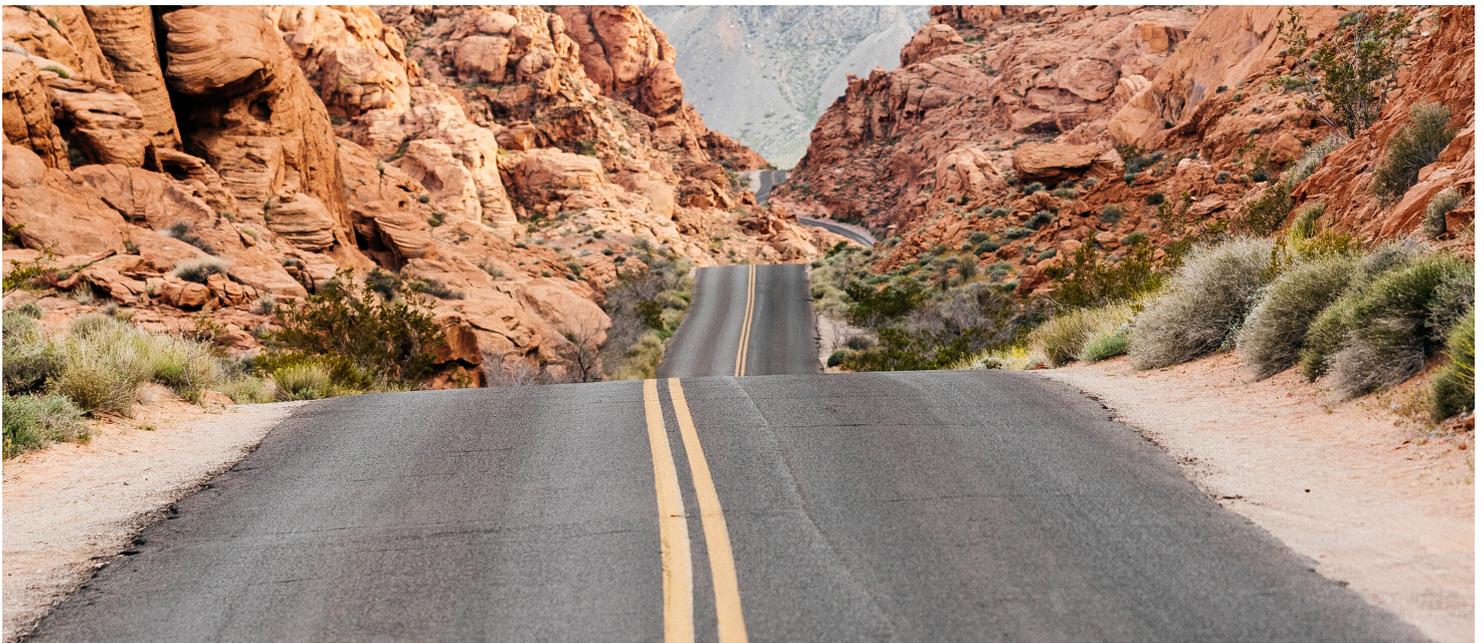
approach the King of Persia to intercede for the people of Israel in Esther 4:16b she said "Then I will go to the king, though it is against the law, and if I perish, I perish." Each of these situations describes what happens **when God is our shield**. There is boldness because He is in control and His love surrounds us.

Hence the restricted movement order is not to be seen as the signal to put our spiritual lives on hold but an invitation to deepen our experience of Him over the next few months. For years, our default excuse was that there was not enough time, too much to do at work or too many programs in our lives. The Lord ,with one fell swoop has brushed away all those excuses and restored to us the most precious commodity of life which is time. Each of us has been allocated a definitive amount of it for which we are accountable. We don't normally see it because time has been buried under our tight schedules as we live one event to another. Now is the time to be still and know that He is God and to feel that shield all around us. The time we now have on our hands must not only be used reconnect digitally but spiritually, delving into the Word.

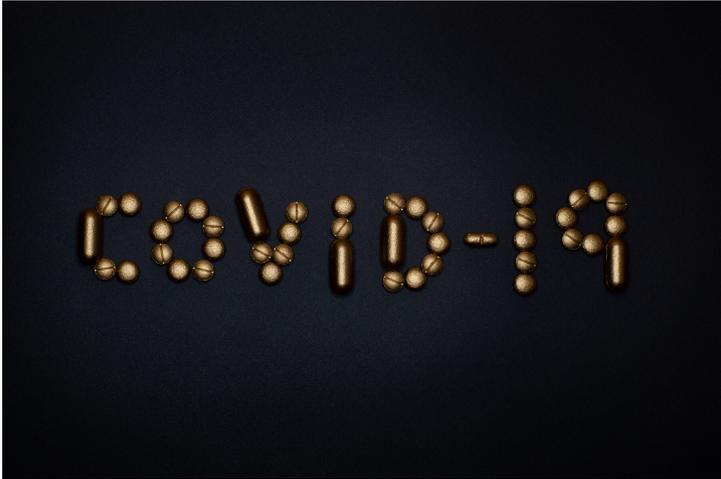
Taking up an online bible study. Participate in the discipleship program Gamma on line where we will be studying the Sermon on the Mount from the first week of April. Whilst others will come out on the other end with months of wasted time languishing at home we should come out of it restored, reinvigorated by the Spirit. Each Gamma lesson will be available to view the video on line and participate in the video conferencing discussion with fellow believers. The answers to discussion questions will also be provided on line. There should be virtually no one in church who will be able to say they had no time.

## **THE RESTRICTED ORDER SHOULD SPUR US TO NEW AND INNOVATIVE WAY TO REACH OUT WITH THE GOSPEL.**

The rest of the world is now forced into an on line existence like never before in the history of the world. With each movement of history the church has always met the challenge and always innovated. Whilst our neighbors wrestle with the intricacies of e-commerce we should be grappling with e-evangelism. Online zoom meetings expand our reach beyond our national borders. Placing our own testimonies and ideas of how the gospel impacts lives on line across the globe. We can use the time to compose new worship music or write new e books or collaborate on putting up new Christian portals that will reach into new areas for the gospel. If God is our shield, lets get on with new boldness. Look at how David writes in verse 7- "Arise, O LORD! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked." He is not covering behind a shield he is expecting to use the shield to go on the offensive



# COVID-19 UPDATE *by Dr. Peter Ng*



As of the 21 March 2020  
Global cases: More than 259,000  
Global deaths: At least 11,000

China has slowed the spread of the disease down to single digits and has slowly relaxed its lock down procedures. Elsewhere, the virus is in the escalation phase including Malaysia which has now breached the 1000 patient mark with at least 26 in ICU. It would seem that the restricted movement order will likely be extended given the current trajectory of the spread. The goal of the order would be reduce the number of infected to levels that would not exceed the capacity of our hospitals to cope. This will buy us time until a vaccine is available which will not be less than 12 months away

Christians have not been left unscathed throughout this crisis, as one of Covid 19's first victims was Pastor David Cheng of Emmanuel Baptist Church. Three others in DUMC have been afflicted including Pastor Daniel's wife and two others in another church in PJ. Let's continue to hold them in prayer.



Treatment that have been trialed include hydroxychloroquine which is an old anti-malarial drug. It is a zinc ionophore which allows the element to enter the cell and inhibit an enzyme vital for the viral replication. There is evidence in lab studies that this will work to slow the growth of the virus. There is a small French study that showed promise in humans with 25% of patients who received the drug tested positive for the virus after six days, compared with 90% of those who did not receive it. There is currently a 1,500-person trial, led by the University of Minnesota, to see whether hydroxychloroquine can prevent or reduce the severity of COVID-19. Novartis is the company that makes the drug will make it readily available for usage in Covid 19 donating 130 million doses for this use and is now in talks with the FDA to allow its expanded usage in Covid 19. Again, as with most medical advances the pace is often slow and this is only at a very preliminary stage of development.

The anti HIV medications lopinavir and ritonavir whilst they showed promise in laboratory studies have failed to produce any meaningful benefit in clinical trials just out of China. The anti-flu medication favipiravir has shown efficacy by more than halving the time that people with Covid-19 test positive for the virus. A trial in China of 340 people showed that the virus tended to be cleared in four days in those who received the drug, versus 11 days in those who went without.



Remdesivir is an antiviral used for Ebola treatment that has shown effectiveness against Sars and Mers, two other coronaviruses. The drug works by shutting off the virus's ability to replicate itself inside cells. This has been shown to be useful in early cases of Covid 19. Multiple trials are under way to evaluate remdesivir in China, the US and Asia, with the first results due in April.

There was a publication in 2017 in the British Medical Journal by Adrian R Martineau and colleagues who looked at about 11,000 patients in a meta analysis of 25 controlled randomised trials looking at the use of Vit D supplements in the prevention of upper respiratory tract infections. They found that daily small doses of the vitamin was protective against the incidence of these infections especially amongst those who were Vit D deficient. Hence there might be some benefit of this in Covid 19.

# MOVEMENT CONTROL ORDER

My (Steven Yong) Q&A with the PDRM at the roadblock that was set up in front of the Police Station on Jalan Burhanuddin Helmi, Taman Tun Dr. Ismail, Kuala Lumpur @1800 hrs on 20, March 2020. This is a personal account and not an official statement but feel free to share so everybody is informed.



## **Q1. IS IT TRUE THE POLICE ARE ISSUING SUMMONSES TO PEOPLE TRAVELLING WITH A PASSENGER/S IN THE CAR?**

A: NO SUCH THING! We aren't even carrying our summons book. Our mission is to educate the public. Not catch anyone, much less issue summons, except for a few cases where people refused to cooperate with the police or acted in ways that disrupted the PDRM's ability to discharge its duties. My supervisor (the commanding officer at the TTDI police station) has already filed a report on this fake message and we will be looking for the person from whom the message originated.

Look out for an announcement on the 'Polis Brickfields' FB page on this tonight. We are not out to scare people with summonses and such. We want to educate people and make them understand and practice social distancing. We want them to cooperate with us and make the movement control order work and achieve its objectives.

## **Q2: SO, IT IS OK IF I DROVE TO THE SHOPS WITH MY WIFE AND KIDS?**

A: We advise against unnecessary travel. We advise people to stay home. Travel only if you need to i.e. to get essentials like groceries and necessary supplies, medicine, seek medical attention or in the event of a death. And when you travel, try to do it alone. We will not stop and issue summonses to those with more than one in the car, but we advise everyone to travel alone at this point purely to reduce chances and possibilities of spreading the virus and infection. If you can go alone, then do that. Your family can stay at home.

## **Q3: IF I WANTED TO GO TO KUALA SELANGOR FROM TAMAN TUN DR. ISMAIL TO BUY FISH?**

A: Again, there is no restriction on such travels but, is it necessary? If not, then don't go. It may be okay if you go alone, but if everybody thinks like that, then it is bad. If 100 or 1,000 people think like that? It's going to be a crowd! So, stay home and travel only when really necessary. Don't make the situation worse.

#### **Q4: INTERSTATE TRAVEL – DO WE STILL NEED A PERMIT?**

A: As you know, the requirement has been rescinded. But, if you need to go to another state, you need to go to the police station and tell the officer why you need to go. The officer will decide on a case-to-case basis, if the trip is permissible.

#### **Q5: SHOULD SWIMMING POOL CONDOS BE CLOSED?**

A: They should be. Otherwise, everyone is going to converge around and in the pool, and that is counter to purpose of social distancing. And if it is within a condo community, the virus will spread very easily to others. The condo management should look into this. If in doubt, call the police.

#### **Q6: HOW ABOUT RUNNING OR WALKING AROUND THE CONDO PREMISES?**

A: You can. As long as you're not on public roads and public open spaces. When we go on patrols, we still see many runners and cyclists and we tell them to go home. Sometimes, they don't understand why we ask them to go home, because they are running or cycling alone. The point is, if everybody ran or cycled alone, then the parks and roads will be full of them! The movement control order applies to everyone. No exemptions. So, I hope everybody can cooperate and make it work.

#### **Q7: THE ARMY WILL BE OUT THIS WEEKEND.**

A: Yes, they will be out to help the police. People don't need to be scared. They are out just to help us maintain order. The police personnel I chatted with also had this to add: "We are only educating the public now. We are not out to scare, book or catch anyone. I just want the public to understand social distancing and to cooperate with the police and authorities and comply with the movement control order. With the army out this weekend, maybe I will have some time to see my kids. I have not seen them for a few days. They're asleep when I'm home, and when they're awake, I'm out. We have manned blocks in Taman Tun Dr. Ismail since 0800 hrs this morning. I hope what we are doing can educate the people. I hope they will learn to be less stubborn and cooperate. It is for the good of everyone.

I really hope people will listen to us, cooperate and work with us. Because if they don't, the government will be forced to enforce stricter protocols, or even a complete lockdown. Then it will be even harder for civilians. And it will also be harder for us – both as the police and as civilians. And it will be tough if, because of stricter movement control, I cannot go home to see my kids."

THE ABOVE IS THE EXCERPTS FROM STEVEN YONG'S CHAT WITH ONE POLICE PERSONNEL AT THE SAID ROADBLOCK AND DOES NOT REPRESENT AN OFFICIAL STATEMENT, STANCE OR POSITION OF POLIS DIRAJA MALAYSIA (PDRM) BUT THE INFORMATION IS ESSENTIALLY CORRECT AS IT HAS BEEN SENT TO US BY A MEMBER OF THE POLICE FORCE

# PRAYER IN UNISON By Phyllis Yew

How should we pray in this strange, and trying time, amidst a pandemic? The opening of our Lord's prayer (Mat 6:9-13) reminds us our God, the Creator who is holy, is our Father who watches us with love. Even though we do not know how the future will unfold, we can look to him with eyes of faith, trust, and thankfulness.

As we pray, may we give thanks for the many blessings we have experienced in the last few weeks

1. **Provision** for English, Filipino and Youth services to worship in new ways through live streaming.
2. **Joy and humility** in his church – the team spirit in the church has been a testimony of the love of God among his people for his glory



3. **Problems** – we're reminded last Sunday that everything was in God's hand. He is the one who empowers and he is the one who carries us through.
4. **Care and love** demonstrated in his church – members taking the time to visit, to pray, to connect and help one another

May we remember to pray for :

1. **People sick with virus** receive divine healing and the peace of the Lord, submitting their lives to His sovereign hand.
2. **Medical personnel and families**- God's sustaining hand and protection as they provide care and comfort to the patients.
3. **Malaysian government** to wisely manage the economy and minimise negative repercussions. Pray for all to avoid profiteering and exploitation, and willingness to share their resources to combat this worldwide crisis.
4. **God's protection** on the worship, preaching and creative teams as they prepare the online services.
5. **Empowerment** for Ps Lawrence and his team as he reaches out to the Tamil congregation who have limited resources.
6. **FBC families** to bond and minister to each other, provide spiritual support to non-believing family members.

# GATHERING ONLINE *By Leong Yew Lum*

Saujana LG just had our first Zoom Virtual LG meeting in which around 15 people participated. I'm very grateful for the app which allowed us to get connected and everyone appreciated the time of sharing and prayers we had. The app allowed us to break into smaller groups for prayers. I was also able to share my powerpoint slide to display questions and bible references. More importantly, as people came prepared, everyone had a chance to share their views. We will incorporate singing in the next session.

During the past week, I also made a point to call all the brothers in our group to catch up and pray with them. This exercise benefited me personally as we sought the Lord's face together. It probably accounted also for encouraging their attendances in the virtual meeting.



To learn how to use Zoom for your Life Groups, [click on this link](#).



And of course, our worship service will be streaming online again this Sunday. Our Creative team has been working hard to ensure that we do not lose our unity in worship.

So let us come together at 8.45am this Sunday. Go onto [www.fbc.com.my](http://www.fbc.com.my) and let us worship our King!

# CHURCH UPDATE

## FBC (E) Events

In the light of the current situation, we would like to inform that all FBC (E) events (Gamma, Alpha, Study on Proverbs, Breakfast Prayer Meeting and etc) will be postponed until further notice.



**THE PROVERBS.**  
By PROFESSOR LEONG TIEN FOCK

Every Tuesday Evening  
March 31, April 14, 21, 28 & May 5

Register opens now at the booth outside the Church Office  
Register with Doreen Chan or contact her at 016 283 0918



**Is there More to Life than This?**  
**1st April 2020**

**ALPHA 17**  
Dinners • Lively Talks • Discussions  
Wednesdays 7:15 - 9:30pm | 1st April - 17th June 2020

**POSTPONED**

COME JOIN US TO EXPLORE THE MEANING OF LIFE  
Sign up at First Baptist Church 03-5621 2623 or contact Yong 016-2633040 or Desmond 012-3397611



## Prayer Request

We want to remain vigilant in praying for the church body. If you have a need, you can share your prayer request via the 'Prayer Request' form online. You can remain anonymous if you wish and rest assured that all requests will be kept confidential.

If you like to speak to a Pastor, kindly call +6011 5788 4805 between 8.00am – 8.00pm

## Youth Service online

The youth ministry will hold their service privately on Youtube. If you would like to tune in, kindly submit your Gmail address (*must be Gmail*) to Pastor Joash (joashchan@fbc.com.my). You will receive a link via email - and don't forget to start together at 9am this Sunday.



# Church online

For church services & sermons,  
please visit our website:  
[www.fbc.com.my](http://www.fbc.com.my).

## Online offering:

FBC(E) Worshippers are now able to give their tithes and offerings using their Bank's online banking or mobile banking application by using the Duitnow feature offered by the Banks.

DuitNowID: BT76.



## Contact Us:

**Emergencies & Pastoral Care Needs:**

Pastor R. Ramachandran  
- 019 221 0104

**Counseling:**

Caroline Khoo - 012 609 2624  
(WhatsApp before call)

Ps Ling You Han - 012 672 1626

## Social Media:



First Baptist Church,  
Subang Jaya



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@saltofsubangyouth