


**FBC JUNGLE GYM TALK**  
**23/10/22 10.30AM AFTER 1ST**  
**SERVICE**

**PARENTS BRING YOUR FRIENDS AND KIDS TO PLAY**  
**AND LEARN FROM HEALTH TALK**





# How do I get my preschooler to eat healthy?

Date :23/10/22 Sunday

10.30-11 am

Venue: Foyer C 1<sup>st</sup> floor First Baptist Church next to Jung

## **Dr Lee Ching Li**

PhD Medical and Health Sciences (IMU)

MSc Community Nutrition (UKM)

BSc Hons Dietetics (UKM)

Senior Lecturer, Nutrition & Dietetics

International Medical University

SNACKS PROVIDED



# Next Week Sermon

**My God, My God,  
Why Have You  
Forsaken Me?**

Psalm 22

PREACHER

**Lee Yee Dian**

October 30, 2022

**Part 1 - Life as a  
Sojourner : Lessons  
from the Journey of  
Jacob**

Genesis 47:1-12

PREACHER

**Arnold Lim**

November 6, 2022

**Part 2 - Life as a  
Sojourner : Lessons  
from the Journey of  
Jacob**

Genesis 47:1-12

PREACHER

**Arnold Lim**

A painting depicting a man with long dark hair and a beard, wearing a white robe with a fur collar, kneeling on a stone floor in prayer. He is leaning forward with his head bowed and hands clasped. The background is a large, textured wall made of reddish-brown bricks. To the right, a set of stone steps leads up. The lighting is warm and dramatic, highlighting the man's face and the texture of the wall.

# HEZEKIAH'S PRAYER FOR HEALING

Isaiah 38-39

Hospital admissions with symptoms jumped nearly 32% in Italy, while intensive care admissions rose about 21%, compared to the week before



# COVID 19 PANDEMIC

Rank Top Five Causes of Death Globally	Cause	Est death since start 2020	Estimated % of all deaths since 2020
1	Ischaemic Heart Disease	20.5 million	15.4%
2	Covid 19 ( reported)	17 million	11.0%
3	Stroke Chronic	14.7 million	5.5%
4	Obstructive Pulmonary Disease	7.4 million	5.0%
5	Lower Resp	5.6 million	4.2%

# DEATH TOLL

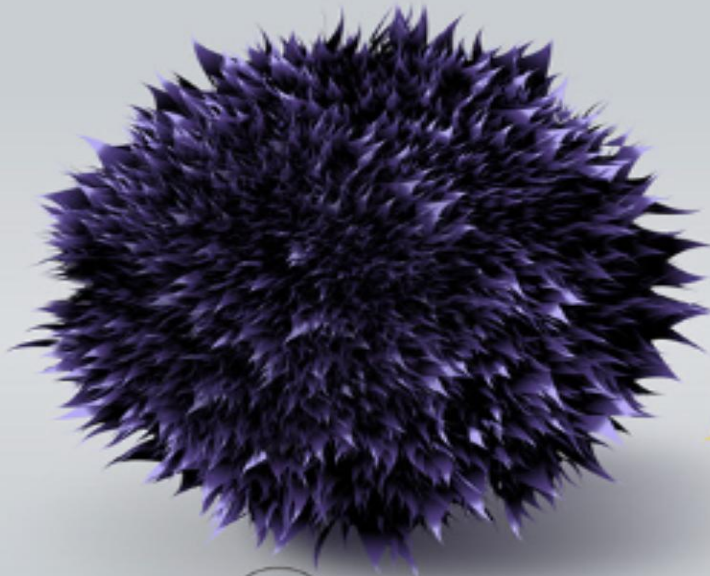
[HIGHEST TO LOWEST]

It is hard to calculate and forecast the impact of COVID-19 because the disease is new to medicine, and data is still coming in.

\*Johns Hopkins University estimates

**200M**

**Black Death (Bubonic Plague)**  
1347-1351

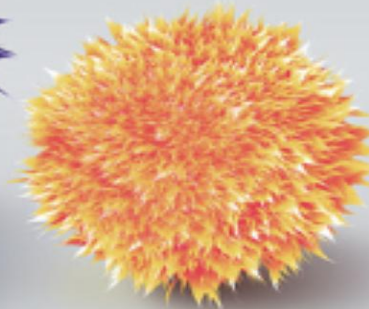


The plague originated in rats and spread to humans via infected fleas.

The outbreak wiped out 30-50% of Europe's population. It took more than 200 years for the continent's population to recover.

**56M**

**Smallpox**  
1520



Smallpox killed an estimated 90% of Native Americans. In Europe during the 1800s, an estimated 400,000 people were being killed by smallpox annually. The first ever vaccine was created to ward off smallpox.

**40-50M**  
**Spanish Flu**  
1918-1919



**30-50M**  
**Plague of Justinian**  
541-542



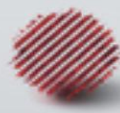
The death toll of this plague is still under debate as new evidence is uncovered, but many think it may have helped hasten the fall of the Roman Empire.



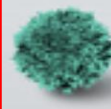
**25-35M**  
**HIV/AIDS**  
1981-PRESENT



**12M**  
**The Third Plague**  
1855



**5.4M\***  
**COVID-19**  
2019-8:00AM PT,  
DEC 28, 2021  
(ongoing)



**5M**  
**Antonine Plague**  
165-180



**3M**  
**17th Century Great Plagues**  
1600



**1.1M**  
**Asian Flu**  
1957-1958



**1M**  
**Russian Flu**  
1889-1890

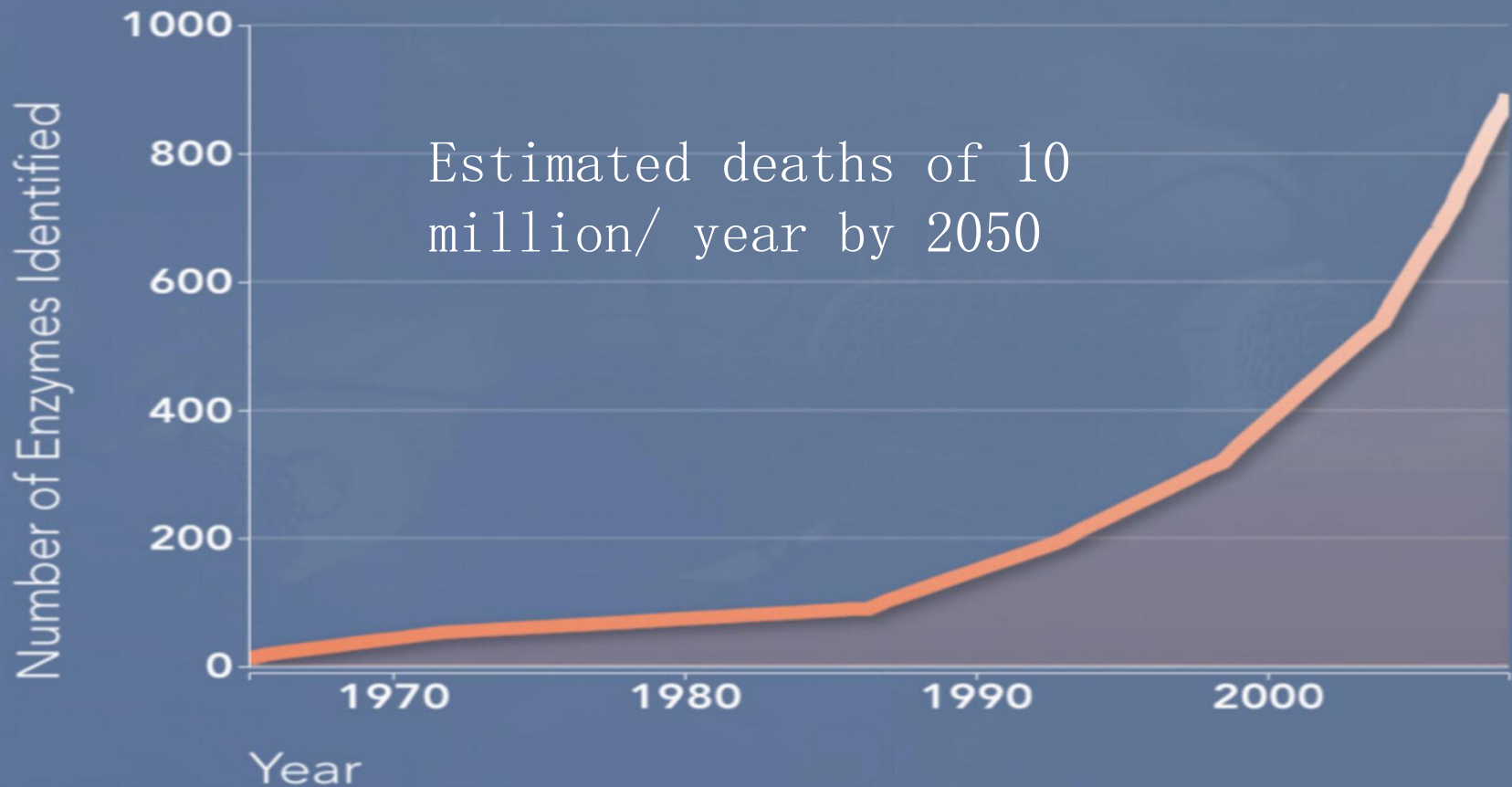


**1M**  
**Hong Kong Flu**  
1968-1970

# Increasing Antibiotic Resistance

Bacteria have rapidly evolved and developed proteins to resist and destroy antibiotics

## Antibiotic Resistance Enzymes ( $\beta$ -lactamase)



*WHY NO VIRUS  
CAN COME  
NEAR YOU*

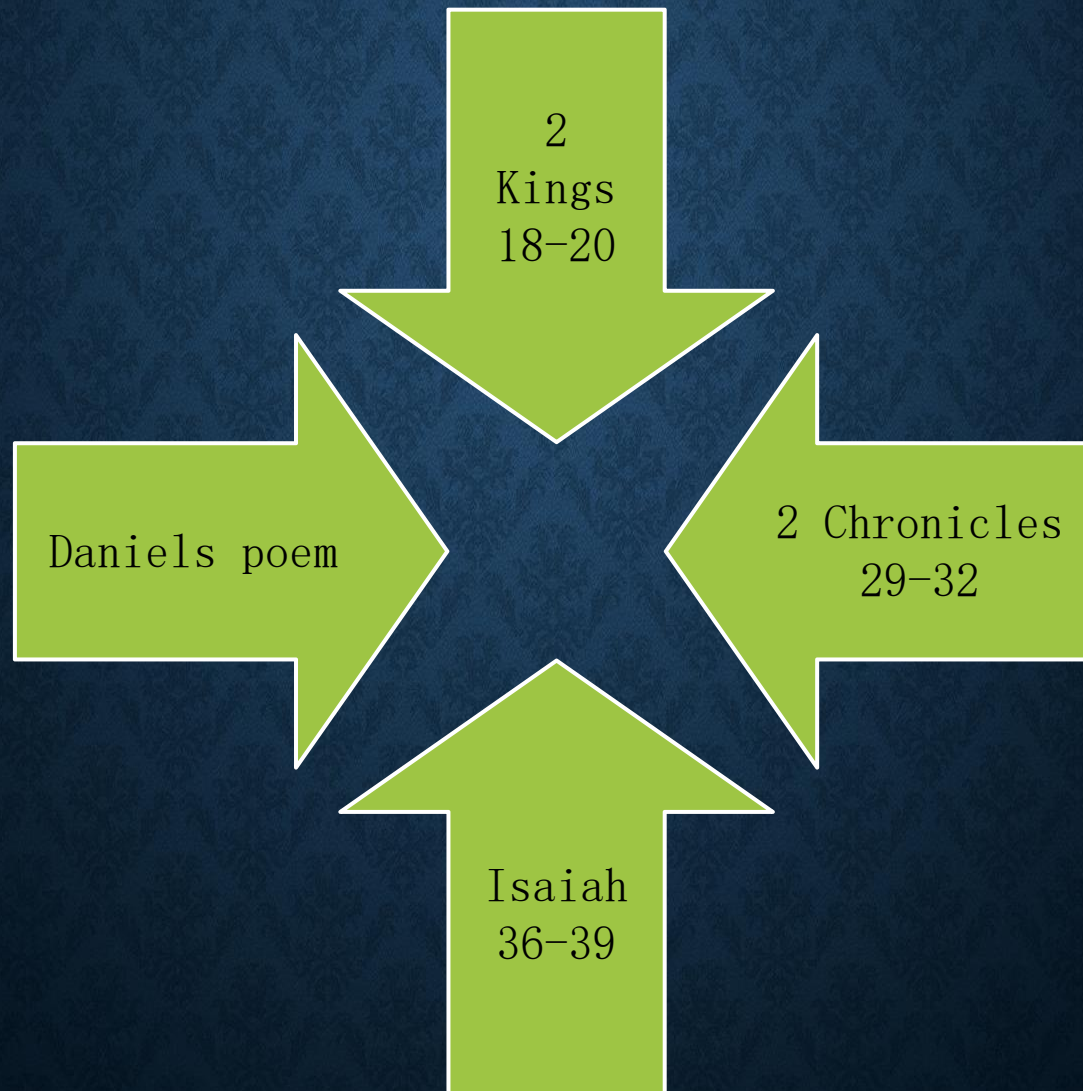


JOSEPHPRINCE.COM



*When you take God  
as your Jehovah  
Shalom, this is what  
He says to you: “Do  
not fear, you shall not  
die.”*

# SOURCES OF HEZEKIAH'S STORY



## HEZEKIAH'S PRAYER FOR HEALING

1. We need to pray for Divine intervention but not preclude medical interventions
2. Lament allows us to process the pain
3. Healing is not the final answer, transformation is

# PROPHETS OF TODAY





## *THE PRAYER*

Isaiah 38:2–3 (ESV) Then Hezekiah turned his face to the wall and prayed to the LORD, 3 and said,

“Please, O LORD, remember how I have walked before you in faithfulness and with a whole heart, and have done what is good in your sight.” And Hezekiah wept bitterly.



## THE PRAYER

Isaiah 38:16 O Lord, by these things  
men live, and in all these is the  
life of my spirit. Oh restore me to  
health and make me live!



## *GODS ANSWER*

Isaiah 38:4–6 Then the word of the LORD came to Isaiah: 5 “Go and say to Hezekiah, Thus says the LORD, the God of David your father: I have heard your prayer; I have seen your tears. Behold, I will add fifteen years to your life. 6 I will deliver you and this city out of the hand of the king of Assyria, and will defend



## *SIMULTANEOUS USE OF MEDICINE*

Isaiah 38:21 (ESV) Now Isaiah had said, “Let them take a cake of figs and apply it to the boil, that he may recover.”





A person wearing green medical scrubs is shown from the side, holding a large blue folder. They are standing in a church aisle, with a red carpet leading towards the altar in the background. The church has high ceilings, arched windows, and a large chandelier hanging from the ceiling. The text "Medicine and Prayer Can Work Together" is overlaid on the right side of the image.

# Medicine and Prayer Can Work Together

## HEZEKIAH'S PRAYER FOR HEALING

1. We need to pray for Divine intervention but not preclude medical interventions
2. Lament allows us to process the pain
3. Healing is not the final answer, transformation is

FRANCIS



# THE HEAL MIRA PRAY

*The Prayer To  
Healing Mirac*

MIRACU  
STORIES  
THE HEA  
POWER OF

*Fai*

STILL M  
MOUNT

HAR  
FAULK

NATIONAL BESTSE

BECKY DVORAK

—THE—  
Prophetic & Healing  
*POWER OF YOUR*  
WORDS



*Creating an Atmosphere  
for the Miraculous*





Isaiah 38:10–11 (ESV) I said, In the  
middle of my days

I must depart;

I am consigned to the gates of Sheol  
for the rest of my years.

11 I said, I shall not see the LORD,  
the LORD in the land of the living;

I shall look on man no more

among the inhabitants of the world.



Isaiah 38:12–13 (ESV) My dwelling is  
plucked up and removed from me  
like a shepherd's tent;  
like a weaver I have rolled up my life;  
he cuts me off from the loom;  
from day to night you bring me to an end;  
13 I calmed myself until morning;  
like a lion he breaks all my bones;  
from day to night you bring me to an end.

# LAMENT





## *IN THE MIDDLE OF THE DESERT*

Numbers 11:1 And the people  
complained in the hearing of the LORD  
about their misfortunes, and when the  
LORD heard it, his anger was kindled,  
and the fire of the LORD burned among  
them and consumed some outlying parts  
of the camp



Numbers 11:20b because you have  
rejected the LORD who is among you  
and have wept before him, saying,  
“Why did we come out of Egypt?” ’ ”

## COMPLAINT

*complaint is an  
accusation  
against God that  
maligns His  
character*

## LAMENT

*an appeal to  
God based on  
confidence in  
His character.*

# COMPLAINT

Job 2:9 (ESV) Then  
his wife said to him,  
“Do you still hold  
fast your integrity?  
Curse God and die.”





*LAMENT IS A FORM OF PRAISE*  
*AN APPEAL TO GO BASED ON HIS CHARACTER*

Isaiah 38:14 (ESV) Like a swallow or  
a crane I chirp; I moan like a dove.  
My eyes are weary with looking upward.  
O Lord, I am oppressed; be my pledge  
of safety!



# LAMENT IS BASED ON HIS PROMISES COVENANTS

Noahic

Abrahamic

Creation

Davidic

New

God's Saving Action  
Through Scripture

Mosaic

All that we are to do flows out of  
what God will do for us.



Hide or  
suppress  
our true  
feelings



Our World view

The Hard event  
Cancer  
Sickness

***DISBELIEF***



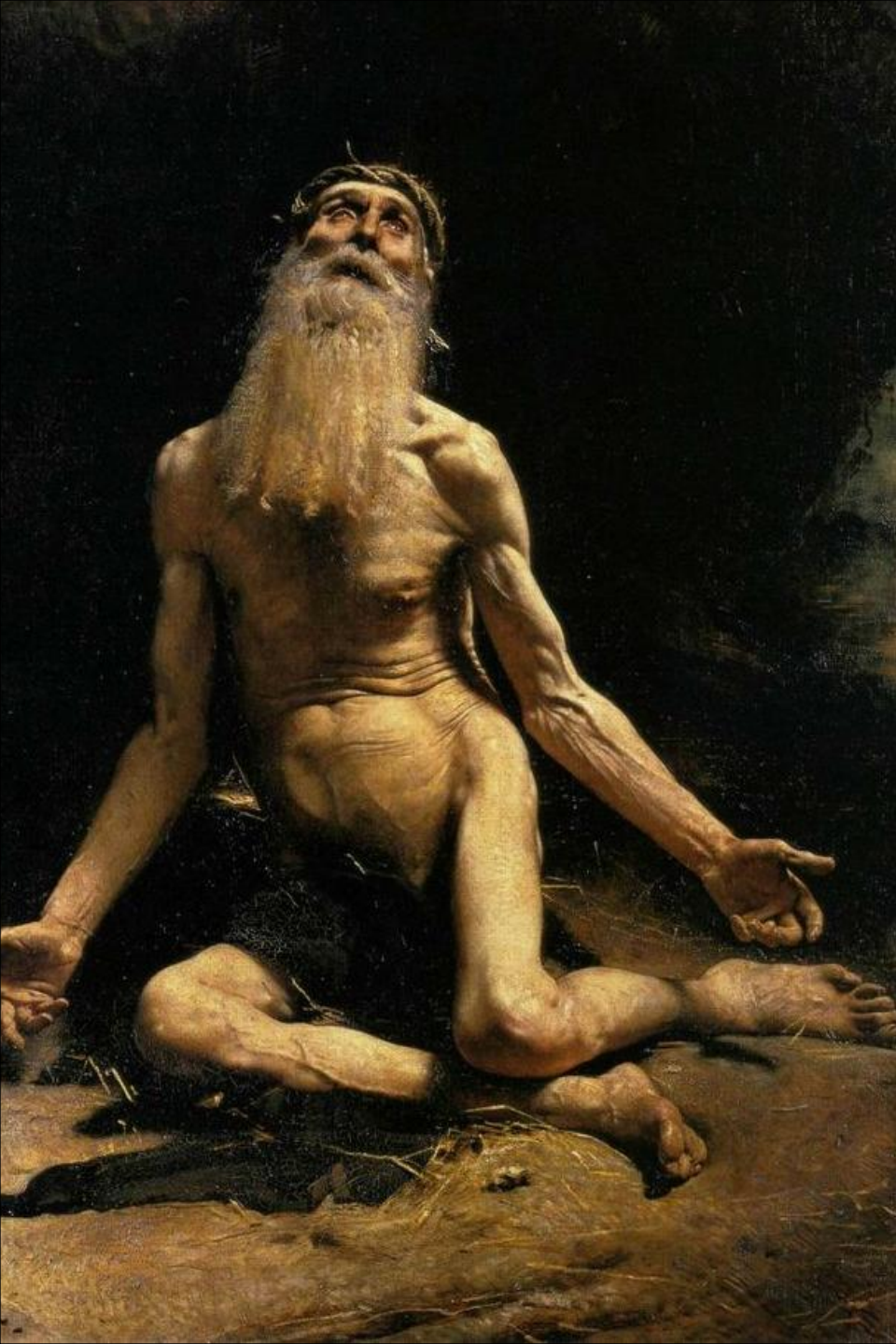
Power now

Victory now

Power now

Change now

*OUR CONCEPT OF GOD*



Our  
World  
view

The Hard event  
Cancer  
Sickness



Lament

Meaning making process

## FRAMEWORK FOR OUR FEELINGS

Isaiah 38:12–13 (ESV) from day to  
night you bring me to an end;

13 I calmed myself until morning;

like a lion he breaks all my bones;

from day to night you bring me to an  
end.

Isaiah 38:3b And Hezekiah wept bitterly.

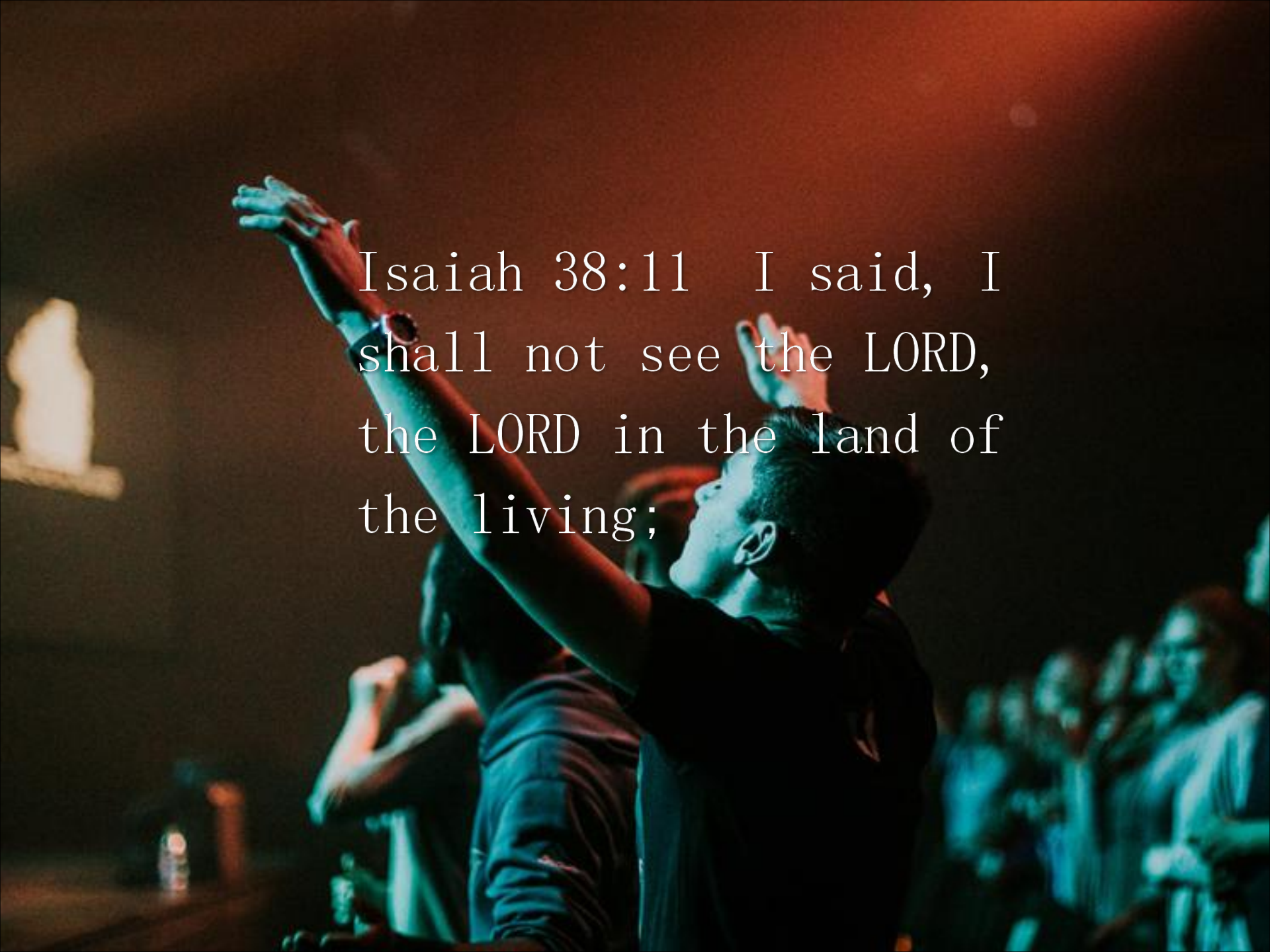
# PAIN IS NOT AN INTELLECTUAL EXERCISE

Express it

- Lament is the cry of your heart, crying out to God ..Voice to our suffering

Suppress it



A photograph of a man in a dark t-shirt with his arms raised in a gesture of praise or prayer. He is looking upwards. The background is dark with warm, reddish-orange lighting, suggesting a church or worship space. Other people are visible in the background, also with their arms raised. The text is overlaid in the center of the image.

Isaiah 38:11 I said, I  
shall not see the LORD,  
the LORD in the land of  
the living;



*'All I saw was death'*



*"I saw a cold, dark, black emptiness. It was unlike any blackness you can see or feel on Earth. It was deep, enveloping, all-encompassing. I turned back toward the light of home. I could see the curvature of Earth, the beige of the desert, the white of the clouds and the blue of the sky. It was life. Nurturing, sustaining, life. Mother Earth. Gaia. And I was leaving her,"*



Isaiah 38:12 ...

like a weaver I have  
rolled up my life;

he cuts me off from the  
loom;



Death Certificate: Old Age

TWITTER/@ROYALFAMILY





# LIST OF GOOD BEHAVIOUR

- Regular check up
- Driving properly
- Diet



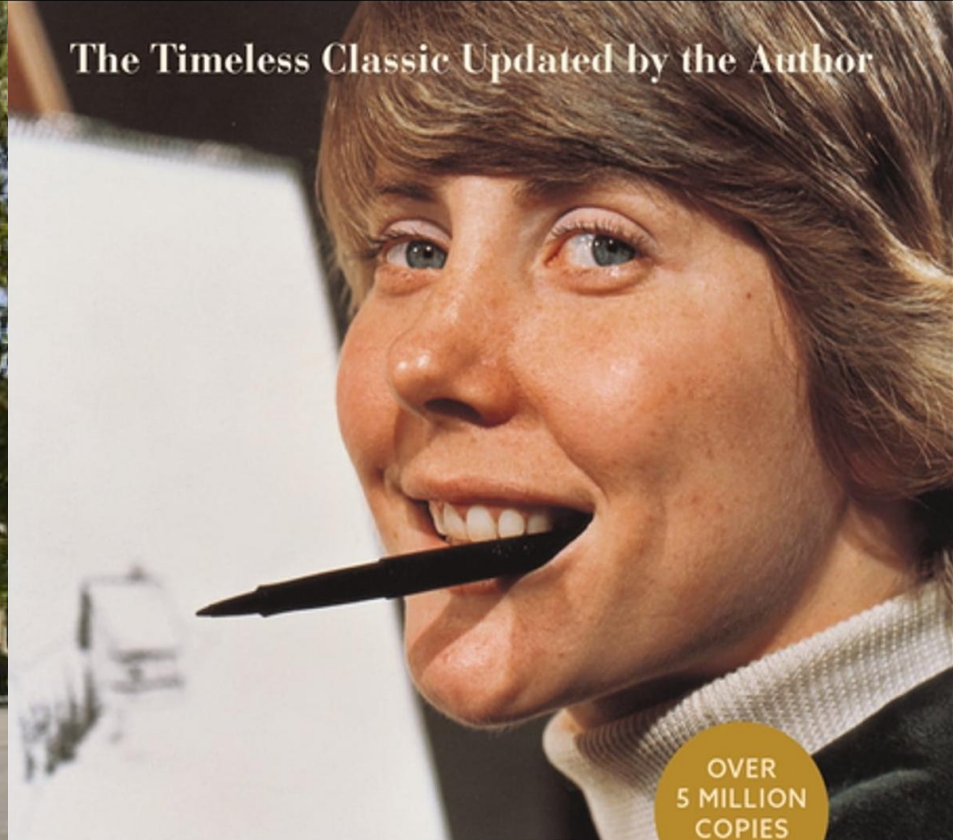
## TRYING TO RECONCILE EVENT WITH WORLD VIEW



Isaiah 38:2-3 Then Hezekiah turned his face to the wall and prayed to the LORD, 3 and said, “Please, O LORD, remember how I have walked before you in faithfulness and with a whole heart, and have done what is good in your sight.”



The Timeless Classic Updated by the Author



OVER  
5 MILLION  
COPIES  
SOLD

# JONI

AN  
UNFORGETTABLE  
STORY

JONI EARECKSON TADA

FOREWORD BY BOB GOFF



# The Miracle Lady

KATHRYN KUHLMAN

*and the Transformation of  
Charismatic Christianity*



AMY COLLIER ARTMAN

*Foreword by Kate Bowler*

## *SICKNESS DOES NOT MAKE SENSE*

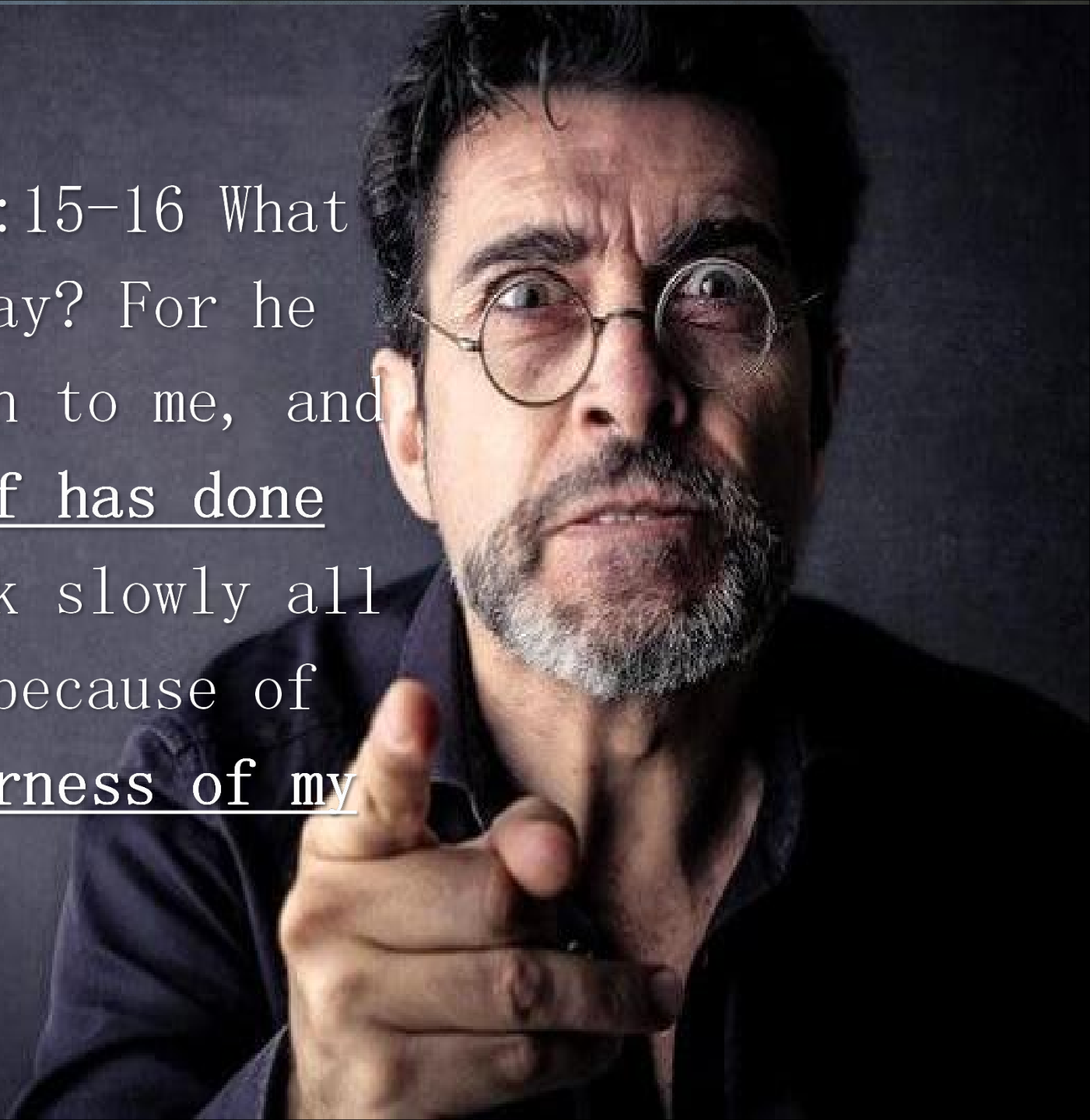


Job 3:11-13 Why did I not die at birth, come out from the womb and expire?

12 Why did the knees receive me?  
Or why the breasts, that I should nurse?

13 For then I would have lain down and been quiet; I would have slept; then I would have been at rest

Isaiah 38:15–16 What shall I say? For he has spoken to me, and he himself has done it. I walk slowly all my years because of the bitterness of my soul.



# DIRECTED ~~TO~~ TOWARDS GOD



Anger





Hope

- He cut me off
- You bring me to an end  
x2
- He himself has done it

- Be my pledge of  
safety
- Oh restore me to  
health and make me

**NOT TO LAMENT IS TO ACCEPT  
THE DYSFUNCTION OF LIFE**

- 
- A hand holds a black magnifying glass over a hamburger. The lens of the magnifying glass is focused on the center of the burger, showing a close-up of the beef patty, melted cheese, and other fillings. The background is a blurred image of several other burgers on a wooden surface.
- misery, abuse, and social injustices is normal



Isaiah 38:4b I have heard  
your prayer; I have seen your  
tears



Hebrews 4:15–16 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

16 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.

# LAMENT ALLOWS OUR SUFFERING TO BE RECONCEPTUALISED

Isaiah 38:17 Behold, it was for my

welfare that I had great

bitterness;

but in love you have delivered my  
life

from the pit of destruction,

for you have cast all my sins

behind your back.



## God's Perspective

we see our current  
suffering against our  
backdrop.



## Our Perspective

Painful events in our life are  
not diminished by minimizing  
their consequences in our lives  
or by denying their existence



2 Corinthians 4:17-18 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, 18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

# KÜBLER-ROSS GRIEF CYCLE

## **DENIAL**

avoidance,  
confusion, elation,  
shock, fear

## **ANGER**

frustration,  
irritation,  
anxiety

## **BARGAINING**

struggling to find  
meaning, reaching  
out to others, telling  
one's story

## **DEPRESSION**

overwhelmed,  
helplessness,  
hostility, flight

## **ACCEPTANCE**

exploring options,  
new plan in place,  
moving on

**INFORMATION AND  
COMMUNICATION**

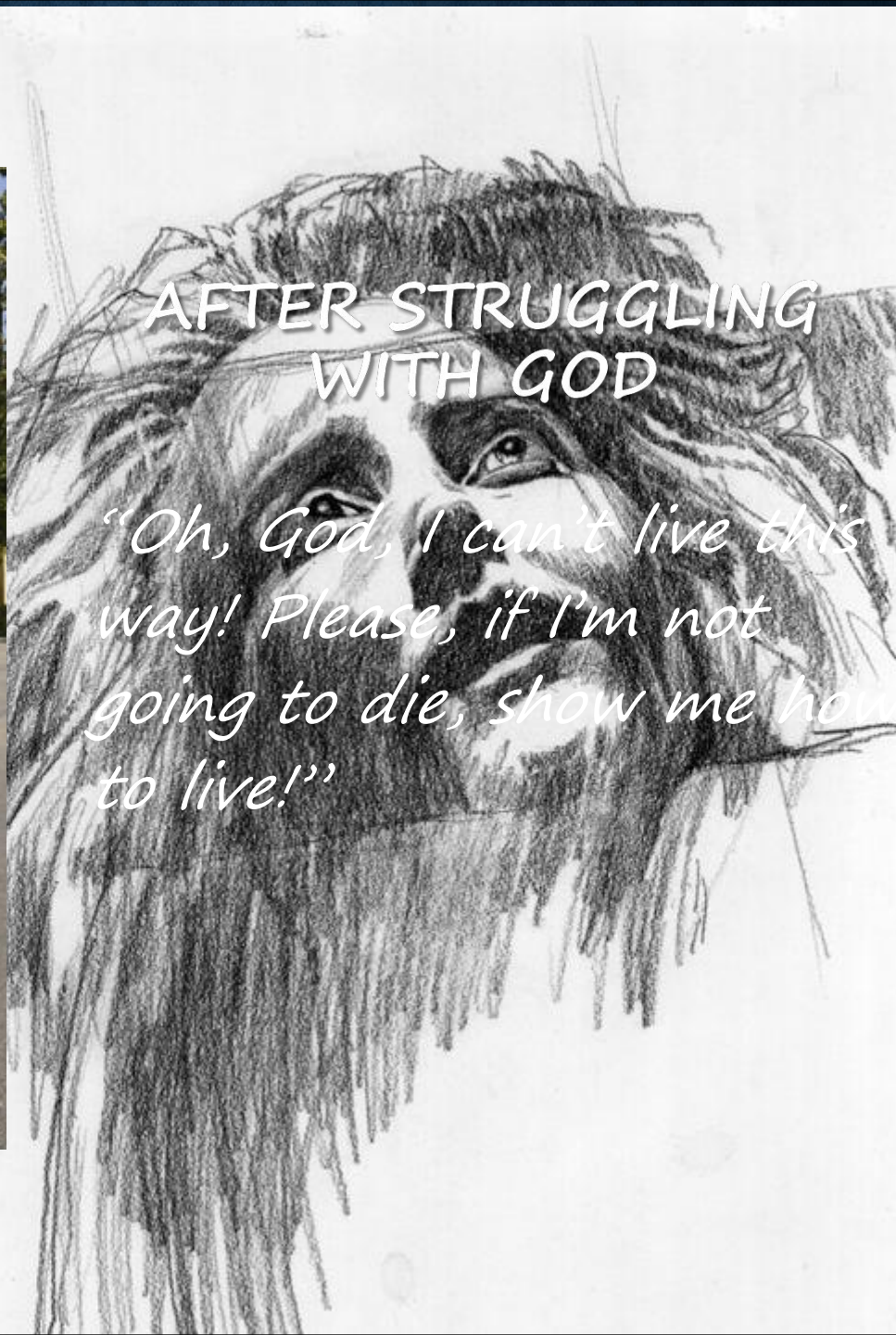
**EMOTIONAL  
SUPPORT**

**GUIDANCE AND  
DIRECTION**



## AFTER STRUGGLING WITH GOD

*"Oh, God, I can't live this way! Please, if I'm not going to die, show me how to live!"*






## 52 YEARS LATER

- Wheel chair
- Chronic pain since 1998
- Depression
- Breast cancer .. surgery
- Chemotherapy



Recurrence -  
surgery

ALL CLEAR!



## IF THE ACCIDENT NEVER HAPPENED

- Drifted through life
- Marriage
- Divorce
- Dissatisfied and Disillusioned
- Always acted selfishly in school
- Never built life on any long lasting value

# LAMENT ALLOWS OUR SUFFERING TO BE RECONCEPTUALISED

This is  
**My  
Story**



## ARE YOU HAPPY?

*I wouldn't change my  
life for  
anything. ....I'm  
really thankful He  
did something to get  
my attention and  
change me.*



## CONTRARY TO OUR BELIEFS ABOUT QUADRIPLÉGIA

*“And if God’s glory shines  
brightest through our  
weakness—which it does—  
then our inabilities become the  
best platform for God’s  
highest glory. That makes for  
great quality of life.”*



**BROKEN BUT BITTER**



## *D. HOPE IS RENEWED*

Isaiah 38:16 (ESV) O Lord, by these  
things men live,  
and in all these is the life of my  
spirit.

Oh restore me to health and make me  
live!



## *D. HOPE IS RENEWED*

Isaiah 38:20 (ESV) The LORD will save me, and we will play my music on stringed instruments all the days of our lives, at the house of the LORD.



## *PRAISE IS RE-ESTABLISHED*

Isaiah 38:18–19 (ESV) For Sheol does not thank you; death does not praise you;

those who go down to the pit do not hope for your faithfulness.

19 The living, the living, he thanks you as I do this day the father makes known to the children your

## *HEZEKIAH'S PRAYER FOR HEALING*

1. We need to pray for Divine intervention but not preclude medical interventions
2. Lament allows us to process the pain
3. Healing is not the final solution



Isaiah 39:1 At that time Merodach-baladan the son of Baladan, king of Babylon, sent envoys with letters and a present to Hezekiah, for he heard that he had been sick and had recovered.

- Assyrian Empire
- Babylonian Empire
- Main Roads






## *WHY DID HE DO THAT?*

Isaiah 39:2 (ESV) And Hezekiah welcomed them gladly. And he showed them his treasure house, the silver, the gold, the spices, the precious oil, his whole armory, all that was found in his storehouses. There was nothing in his house or in all his realm that Hezekiah did not show them.

2 Chronicles 32:24–26 In those days Hezekiah became sick and was at the point of death, and he prayed to the LORD, and he answered him and gave him a sign. 25 But Hezekiah did not make return according to the benefit done to him, for his heart was proud. Therefore wrath came upon him and Judah and Jerusalem.

Isaiah 39:5-7 (ESV) Then Isaiah said to  Hezekiah, “Hear the word of the LORD of hosts: 6 Behold, the days are coming, when all that is in your house, and that which your fathers have stored up till this day, shall be carried to Babylon. Nothing shall be left, says the LORD. 7 And some of your own sons, who will come from you, whom you will father, shall be taken away, and they shall be eunuchs in the palace of the king of Babylon.”



Isaiah 39:8 Then Hezekiah said to  
Isaiah, “The word of the LORD that  
you have spoken is good.” For he  
thought, “There will be peace and  
security in my days.”

## HEALING HAS A PURPOSE

2 Chronicles 32:25 But Hezekiah did not make return according to the benefit done to him, for his heart was proud. Therefore wrath came upon him and Judah and Jerusalem.

A black car is parked on a paved surface. A yellow and black striped speed bump is positioned directly in front of the front wheel. The car's headlight and front wheel are visible. In the background, there is a building with large glass windows reflecting the sky and other vehicles.

*DOES NOT CHANGE TRAJECTORY OF LIFE*

Sickness

# MOMENTARY RELIEF



- Let' s get back to the thing that' s really matter
- The real lesson is to avoid the suffering
- Diet••Screening
- Make use of time



## *WE PARTY!!*

1 Corinthians 15:32-34 If the dead are not raised, “Let us eat and drink, for tomorrow we die.”

Thomas Merton,



“The more you try to avoid suffering, the more you suffer, because smaller and more insignificant things begin to torture you, in proportion to your fear of being hurt. The one who does most to avoid suffering is, in the end, the one who suffers most.”





## *LOVE MEANS... DELAY?*

John 11:5-6 Now Jesus loved Martha and her sister and Lazarus. 6 So, when he heard that Lazarus was ill, he stayed two days longer in the place where he was.



*THE GOAL IS GLORY  
HIS GLORY OUR GOOD*

John 11:40 (ESV) Jesus said to her,  
“Did I not tell you that if you  
believed you would see the glory of  
God?”

## THE MAN BORN BLIND



John 9:3 Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him.

Complete healing is not  
the final solution





2008



2018

Foreword by Louie and Shelley Giglio

# SUFFER STRONG



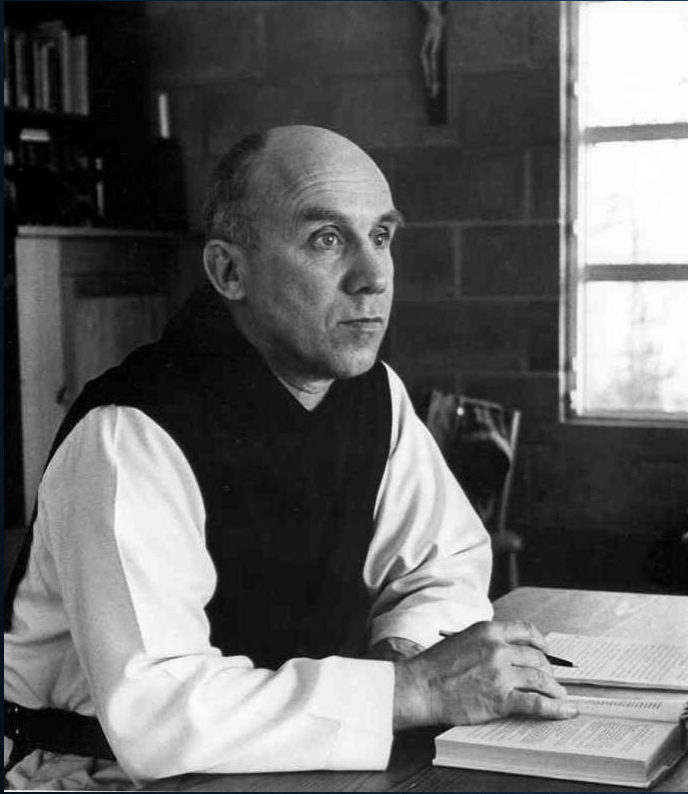
How to Survive Anything by Redefining Everything

KATHERINE & JAY WOLF

*I've had eleven surgeries and, likely have to have many more in the future. I still don't walk well or use my right hand well, and I don't eat, speak, see, or hear normally either*

I found myself wondering, has God made a mistake? Should I have died? I'm caught between life and death.





*It is of the very  
essence of  
Christianity to face  
suffering and death  
not because they  
are good, not  
because they have  
meaning, but  
because the  
resurrection of  
Jesus has robbed*

A dramatic scene of a tomb entrance. The large, rough-hewn stone is rolled away from the opening of the tomb. Through the opening, a bright, golden light emanates from the horizon, where three crosses are silhouetted against the sky. The light fills the interior of the tomb, casting long shadows and highlighting the texture of the stone walls and floor. The overall atmosphere is one of hope and resurrection.

1 Corinthians 15:54-55

Death is swallowed up in  
victory.”

55 “O death, where is your  
victory?

O death, where is your  
sting?”



## HEALING HAS A PURPOSE

2 Chronicles 32:25 But Hezekiah did not make return according to the benefit done to him, for his heart was proud. Therefore wrath came upon him and Judah and Jerusalem.