

# F+BC TODAY

U N L E A S H I N G   T H E   G O S P E L

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## F+BC

FIRST BAPTIST CHURCH  
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### MAIN SERVICE

| Physical & Youtube |

Sundays 8:45am / 11:15am

### YOUTH SERVICE

| Physical |

Sundays 9:00am

### SUNDAY SCHOOL

For Ages 3 to 12  
(Preschool to std 6)

Physical Classes  
8:45am / 11:15am



# Feed Me, Lord

**“Then I will set over them one shepherd, My servant David, and he will feed them; he will feed them himself and be their shepherd.”**

**Ezekiel 34:23**

When I was young, I am being ‘fed’ when I watch TV shows, Ultraman, Tom and Jerry, and Power Rangers. I learned that there are good guys and bad guys in the world, and we must always fight the bad guys.

But I’m an adult now, I realize the world is not just divided into good guys and bad guys. From the Bible, I am being fed another message, that I should love my enemies, not fight them:

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’

But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. Matthew 5:43-48



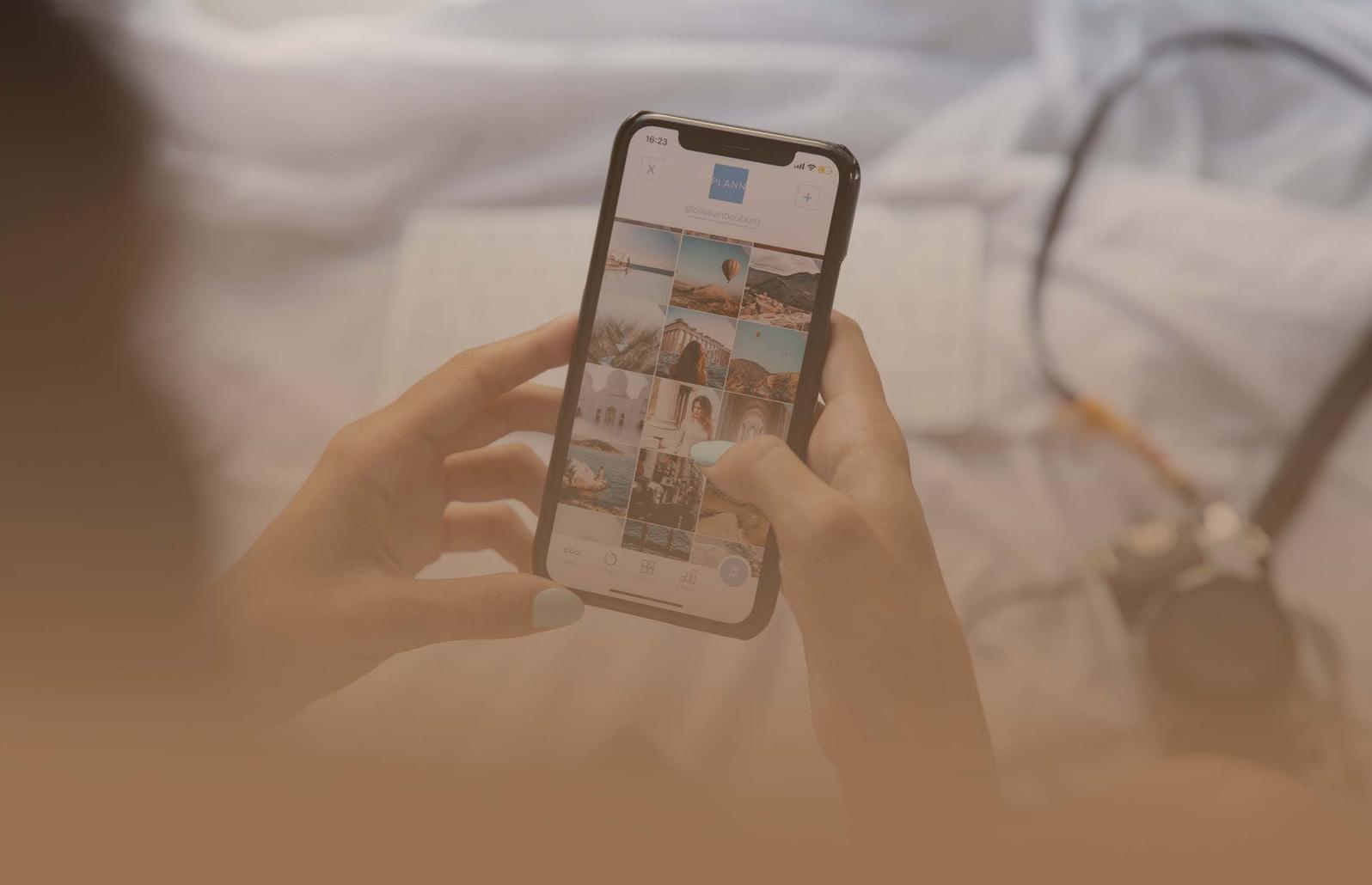
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So do I listen to the cartoon shows on what to believe about enemies? Or the Bible?

It sounds ridiculous when I pit them against each other for comparison, but the point is that the stories we listen to affect how we think about the world.

Do you know when you post something on a social media page, what is the page that updates with news and picture called? It is called a “feed” — examples: Facebook feed, Twitter feed, and Instagram Feed.

You may not realize it, but you are being ‘fed’ by them when you look at them.

When I was young, I was dependent on my adult caregivers to feed me so I could grow. I have limited choice as a child to watch the kind of shows I watch, I didn’t choose the types of “lessons” I get which may be from adults who may or may not be believers. Now that I am older I have the freedom to eat what I want, I can eat ice cream as breakfast, and desserts can be served first, and I don’t have to eat vegetables if I don’t want to. I can choose the TV shows I watch (The Chosen!), the books I read (Bible!), the company that I hang with regularly (GG!), the type of YouTube videos I watch (sermons and apologetic debates), and news I listen to (podcasts!). Basically, I have a choice of content I “**feed**” myself, and you can use this freedom too!

## The world tells me one thing, the Word tells me another.

When the world (my social media feed) shows me pictures of fancy food, shapely bodies, branded clothes, and other lavish lifestyles such as traveling and I feel that I should also desire these things, but the Word tells me this: “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?” Matthew 6:25 “For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.” 1 John 2:16

According to Luke 11:34, I can look at healthy things such as God and His Word, and desire them, or I can look at unhealthy things. It is a sign that my inner self is desiring the wrong things. “Your **eye** is the lamp of your body. When your **eye is healthy**, your whole body is full of light, but when it is bad, your body is full of darkness”. Luke 11:34 This teaches me that I should be aware of what I am looking at because it is a sign of my inner heart’s desires.

# The Bible seems to take what we are looking at or fixing our eyes on very seriously:

- "If your right **eye** causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell." Matthew 5:29

- "With **eyes** full of adultery, they never stop sinning; they seduce the unstable; they are experts in greed—an accursed brood!" 2 Peter 2:14

We are instead told by Scripture to fix our eyes on Jesus, those that live with good Godly example, on what is unseen and eternal:

- "fixing our **eyes** on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God." Hebrews 12:2

- "Join together in following my example, brothers and sisters, and just as you have us as a model, keep your **eyes** on those who live as we do." Philippians 3:17

- "So we fix our **eyes** not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." 2 Corinthians 4:18

There is another darker dimension to this when we are willfully blind, we are willingly obeying Satan, being used by Satan to create more darkness, anger, and destructive relationships in this world, but God promises to rescue us and open our eyes in Acts 26:17- 18. "I will rescue you from your own people and from the Gentiles. I am sending you to them to **open their eyes** and turn them from darkness to light, and **from the power of Satan to God**, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me."

We are also assured by the apostle John that God is more powerful than the world and He has overcome them. "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. **They are from the world and therefore speak from the viewpoint of the world, and the world listens to them. We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us.** This is how we recognize the Spirit of truth and the spirit of falsehood." 1 John 4:4-6

So what should we do? We are invited to look to God and His Word as our main source of content/feeding. Reading the bible is an acquired taste and nutrition that fills and sustains: "**Taste** and **see** that the Lord is good; blessed is the one who takes refuge in him." Psalm 34:8 (Notice that there is a connection between food/taste and eyes/see)

There are different types of food in the Christian journey as shown in 1 Corinthians 3:2, some need milk, and some are not ready for solid food. I don't think all of us should have solid food shoved down our throats when we aren't ready, but as long as we keep eating appropriately healthy food, we will grow and eventually start to desire solids.

We are personally invited by Jesus to go to him to be filled: "Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35 "Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval." John 6:27

I pray that God will help you to open your eyes and identify unhealthy messages that are being fed to you and start accepting Jesus' invitation to his table and be fed and filled with holy everlasting nutrition that builds you up to be more like Christ.



**Written and Compiled by Toh Kai Xian**  
Kai Xian works in FBC office and attends GG life group.



## Prayer for Sunday School Ministry

1. Pray for God to call more children who are gifted in singing and playing an instrument to join the Sunday School Worship team under the guidance and mentoring of Sister Alicia Ng who has been leading the SS worship once a month.
  2. Pray for that the teachers who have undergone the recent Teachers' Training in July will be convicted by the Holy Spirit of their vital role and responsibility to equip themselves and to impart what they have learned to help train new volunteers who wish to serve as teachers in the SS Ministry.
  3. Pray for God's protection for the team of teachers especially those or their family members experiencing personal or health issues and challenges. May the Lord grant them renewed strength, perseverance, good health and JOY to continue serving in the Ministry.
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## Prayer for 20 August from NECF 40 Days Fast and Prayer 2023

- Father in heaven, give us a heart of love and compassion for the lost souls around us. Help us to be intentional in reaching out to the people around us, starting from where we are. Let us be the hands and feet of Jesus to carry His love at every opportunity. We thank you for the privilege of partnering together with You in growing Your kingdom. We ask this in Jesus' name. Amen!
- Pray for the bible seminaries in Malaysia, that they will have sufficient faculty members, with a balanced mixture of experienced and biblical local and foreign lecturers. Pray also that they will be able to implement advanced technology and training programs to facilitate the growth of theological studies, as well as produce contemporary and visionary church leaders and pastors with a kingdom mindset and perspective.
- The budget allocated for the Ministry of Health ranks second in the National Budget 2022. Healthcare expenditure is expected to double by 2028. Pray that the Ministry would create more health awareness programmes and promote healthy lifestyles among citizens. Pray also that the Ministry would find solutions to make high-end medical equipment accessible to those who need them, and that a sufficient and highly-trained medical workforce would be engaged to serve the population.