

# FBC TODAY

UNLEASHING THE GOSPEL



First Baptist Church Subang Jaya

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First Baptist Church Subang Jaya

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## The Need to Check Our Tongue

When we visit a doctor, it is not unusual that we are asked to stick our tongues out to be examined, just to get a quick idea of the state of our health. Similarly, the state of our spiritual health can also be determined by checking our tongues in the sense of what we say and how we speak. And by "checking", I don't mean just to examine, but to also stop, arrest, or slow down a "runaway" tongue.

A study published in a scientific journal shows that we speak around 16,000 wds a day, on

average, with the difference between men and women not being statistically significant. If that's translated into print, each of us would be producing a 54-page book every day! Now, imagine if others were allowed to read that book. What would they say or think about you?

I'm sure all of us have been guilty of using our words too loosely. In moments of anger, we have used words to hurt our spouse, provoke our children, or criticize our friends. And when the emotions subside, how often have we



**Address :**  
38 Jalan SS17/1D, 47500 Subang Jaya, Selangor, Malaysia.

**Telephone :**  
+03 5621 2623

**Email :**  
fbc.subangfamily@gmail.com

**Website:**  
www.fbc.com.my

### NEW?

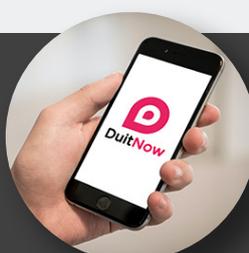
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regretted using those cutting words? Even when we are forgiven, words spoken forth can never be taken back, and they have a way of lingering in the minds of the listener long after they have heard them. At the same time, I'm sure we can also identify with the pain and distress brought about by careless or harsh words. How true it is that the Bible likens rash words to "sword thrusts" (Proverbs 12:18) and "the perverseness that proceeds from our mouth (which can) break the spirit" (Proverbs 15:4).

The church is not spared from the sin of the tongue. Often, it is fertile ground for the debilitating effects of boasting, gossip, and slander. The same mouth that we use to pray to God and praise Him in worship is the same one that we use to complain, curse, and condemn others! It is because of the great tendency of our tongue to sin that the Bible has so much to say about this tiny yet powerful member of our body that resides in the mouth. In rebuking the Pharisees for their evil intentions, Jesus said in Matthew 12:34, "You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks." In other words, Jesus is saying that the things that proceeded from their mouth were really evidence of their heart's condition. He went on to tell them "that

on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned." (Matthew 12:36-37)

This is a serious warning! It means that the words we have spoken may be used to judge us and determine our eternal state. What we say is so bound up with our character and our inner being that they are the fruits that reveal what kind of tree we are. To put it positively, when we become Christians, our speech will necessarily be transformed as evidence of the transforming work of the Holy Spirit in our hearts.

James picked up this theme in his letter when he talks about the necessity of not only being a hearer of the word but also a doer of the word, making the inseparable connection between genuine faith and good works. In James 1:26, he writes: "If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless." A person may well think he is a Christian because of his participation in religious activities, like going to church, reading the bible, etc. But if he has no control over his tongue, he is basically self-deceived in his heart and even his religious



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works, as important as they may seem, are useless! The use of our tongue is singled out by James to be the most obvious outward indicator of our heart. The tongue is indeed a potent force that's capable of both great things and devastating destruction. James uses two analogies to illustrate his point in James 3:3-5. The first is the bit (a part of the bridle) that's inserted into the horse's mouth for the rider to control the speed and direction of the animal. A wild and untamed horse can easily run amok and destroy the path it crosses, serving no useful purpose. On the other hand, a horse that's tamed and controlled can be harnessed to work on a farm and provide transportation.

Another analogy is the rudder of a ship. While serving in the Navy during my National Service days, I experienced first-hand what it was like to be on a ship that had lost control of the rudder. A rudderless ship is a danger not only to the people onboard, as it is subjected to the winds and currents of the sea, but it is also a great hazard to surrounding vessels on the shipping lane.

The point is this: If we can control the horse's mouth, we can control the entire animal. If we can control the rudder, we can control the ship. If we can control the tongue, we are well on our way to controlling the rest of our fleshly impulses that so easily cause us to sin!

As believers, we ought to cultivate a tender and gracious heart, and I believe a good place to start is by guarding and controlling our tongue. That's because we sin most easily and probably most frequently by what we say. Too often, I'm too quick to offer my opinions or a solution instead of patiently listening. Sometimes, I'm tempted to question, criticize, and judge the actions of another without fully understanding the whole situation. On other occasions, I've been too quick to retort, defend, or dismiss when someone constructively calls me out on my sins. What I say and how I respond betrays the attitude of my heart which is often filled with pride or devoid of empathy.

Brothers and sisters, may we all resolve in our hearts to intentionally let God use our tongues as instruments of grace to encourage, exhort, and edify each other. May the Lord help **"my speech to always be gracious, seasoned with salt"** (Colossians 4:6) and **"only such as is good for building up, as fits the occasion, that it may give grace to those who hear."** (Ephesians 4:29). <sup>1</sup>

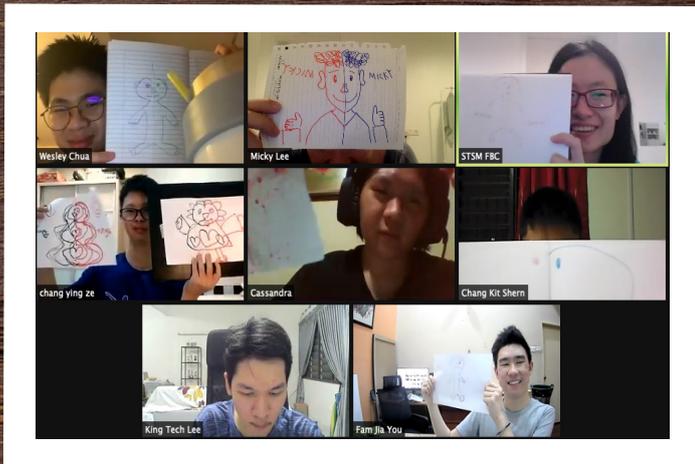


By **Leong Yew Lum**

*Yew Lum is the Chairman of FBC.*

Life Group Splash  
Featuring

# Buddy Chat Line LG (Special Teens)



## Tell us about Buddy Chat Line.

Our members are a unique group of special needs teenagers and young adults who need acceptance and love, just like everyone else. 'Buddies' are friends who are constant companions, and having friends to share and meet with, no matter who you are, is so important.

Buddy Chat Line was formed in May 2020. We have about 10-12 members who are between 14-26 years old. The LG was initiated at the beginning of the pandemic for the buddies to meet weekly for casual chats, fun and games, and learning the Word of God through various mediums, like singing, movement/action, drawing, painting, videos, etc. Now, we meet weekly over Zoom.

## Describe Buddy Chat Line in a sentence.

Knowing God and loving others.

## What does it mean to be part of Buddy Chat Line?

We are a family. LG is a safe and fun space where special children can settle down for a period. It is also a platform for special teens to communicate, make friends, and motivate each other to learn new things through activities like social group, group therapy, Bible class, and outreach.

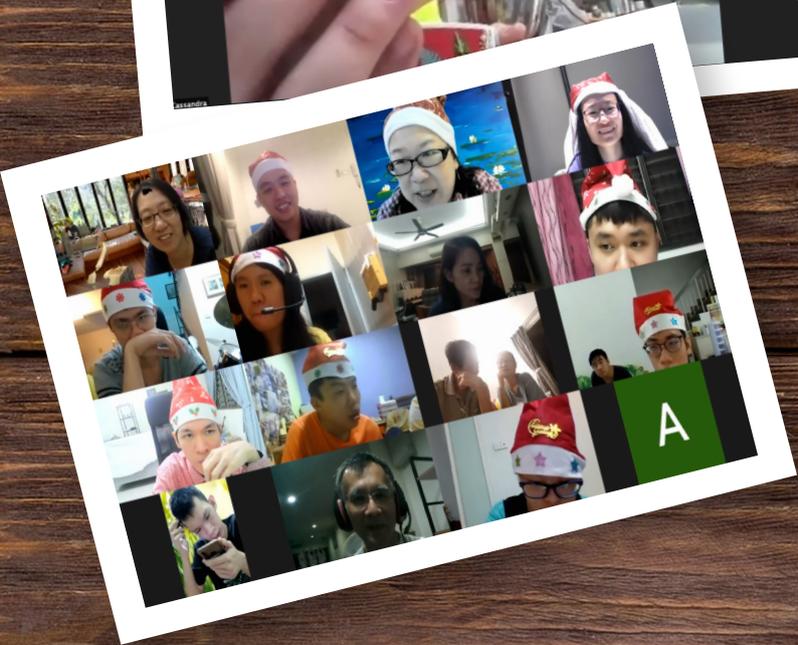
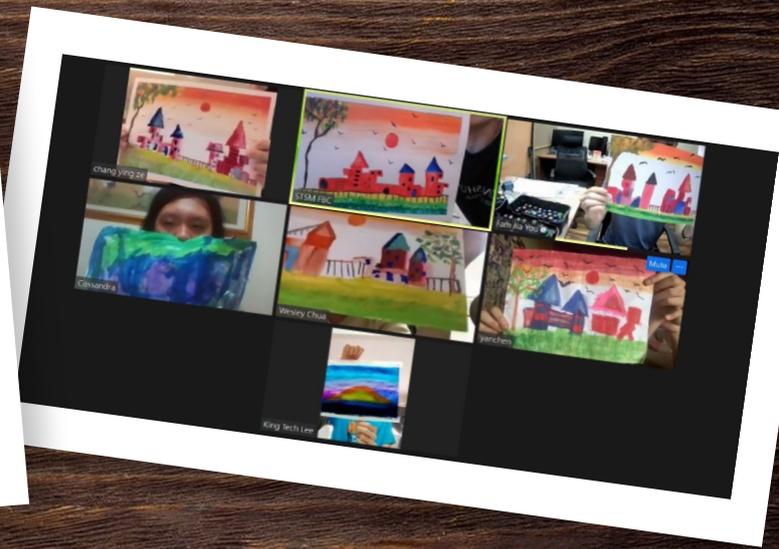
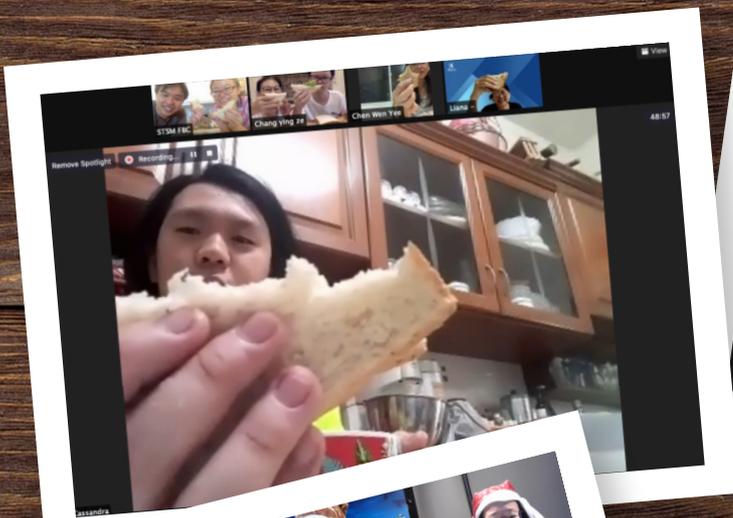
## What are some highlights about being part of Buddy Chat Group?

It is a stage where members can showcase their performances. It is a great way to motivate one another to pick up on a variety of skills, practice in improving them, and gain confidence. For example, sessions like Bible verse with action help members learn more about the Bible and encourages them to communicate with others. It is also a joy to be able to meet friends, chit-chat, and have brain-stimulation activities like drawing. For parents, LG is a place to share our lives and pray for each other. Seeing our children enjoy themselves is really rewarding.

## How is Buddy Chat Group making a difference in the lives of its members?

The sessions are comprehensive. Besides interacting with one another, the activities require members to focus, pay attention, follow instructions, and understand what has been taught each session. There is also a sense of security and acceptance in the LG as members are free to communicate and express their thoughts.

As for parents, we receive guidance when we have doubts and when we need clarity. It is also wonderful to observe how the sessions support, motivate, and fill our children with confidence. We are encouraged that our special children can perform well in many aspects, and that they feel cared for and not alone. It is a joy to see our children participate in LG every week without needing to be pushed or reminded. It is a sign that they are becoming more independent. We also feel connected to other parents on a deeper level as we grow together in our understanding and application of the Word of God. LG is a place where we can encourage each other to grow deeper and stronger in our faith.



### What are some memorable Life Group activities and events?

- 2020's Christmas Party: Our theme was as in 'Celebration of Hope', and the children were delighted to receive Christmas gifts.
- Buddy's Chef Session: One of our teenagers demonstrated how to make egg sandwiches. Now, the group can prepare egg sandwiches for themselves and others too.
- Seeing smiling faces again after a period of not meeting up.
- Playing games, studying, watching movies, chit-chatting, eating, drawing, and singing together.

Buddy Chat Line is a place where we have been able to observe how our children are progressing socially, emotionally, and spiritually. We are so thankful to God for gathering us together as a happy group.

### What movie(s) best describe Buddy Chat Line?

- Pixels
- How to Train Your Dragon
- Mind Your Language

### What would Buddy Chat Line say to someone who's not yet in a Life Group?

Share your life to impact lives!

[Join A Life Group Today](#)



## | Pulpit Program

August 8, 2021

### The Church As The Priesthood Of Believers

(1 Peter 2:9-10)



**PREACHER**  
Arnold Lim

August 15, 2021

### The Mission of Jesus

(Matthew 9:1-17)



**PREACHER**  
Pastor Joash Chan

August 22, 2021

### The Trustworthiness of Jesus

(Matthew 9:18-34)



**PREACHER**  
John Lee

August 29, 2021

### The Compassion of Jesus

(Matthew 9:35-10:15)



**PREACHER**  
Dr Peter Ng

## | Worship with Us



### MAIN SERVICE

| ZOOM |  
Sundays 8:45am & 11:15am



### YOUTH SERVICE

| ZOOM |  
Sundays 9:00am



### SUNDAY SCHOOL

for Ages 0-12yrs  
| ZOOM |  
Sundays



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## PRAYER SPOTLIGHT

Praying  
Psalms 90



1. Lord, You are our dwelling place. Before the mountains were born, before You brought forth the whole world, from everlasting to everlasting, You are God.
2. We are like the new grass of the morning. In the morning it springs up new, but by evening it is dry and withered. You are the One who turns people back to dust.
3. A thousand years in Your sight are like a day that has just gone by. Our days quickly pass, and we fly away. Teach us to number our days, that we may gain a heart of wisdom.
4. Our secrets come to light in Your presence. No sin is hidden from You. Yet You have compassion on us and are ever ready to forgive us. Help us to fear You and choose to honour You with our lives.
5. Satisfy us in the morning with Your unfailing love, that we may sing for joy and be glad all our days. Open our eyes to see Your work and Your goodness. Show us Your splendour, O Lord.
6. Establish the work of our hands for us, O Lord our God, and may Your favour rest on us. Amen.

## | Upcoming Events



### VBS Volunteer Recruitment

VBS is upon us this 13 to 17 December!

We need all the help we can get to bring children to build their foundation in Jesus!

**CLICK HERE** to register as a volunteer for our very first online VBS. For enquiries, please email [vbsfbcsubang@gmail.com](mailto:vbsfbcsubang@gmail.com)



### Ladies Praise & Thanksgiving Gathering

14 August 2021

Saturday  
10.00am - 12.00pm

Zoom ID: 924 53626068  
Password: fbc



### The Pastoral Epistles

Study on the Books of 1 Timothy, 2 Timothy & Titus

Every Wednesday  
8:30pm

Zoom ID: 830 3462 5458  
Password: fbc

**CLICK HERE** to view video lessons.  
(Password: fbcgamma)



### Sermon on The Mount

Explore the Teachings of Jesus on the Beatitudes

Every Tuesday  
8:00pm - 9:45pm

To register/ for more information, contact Lammy Tan at 012-386 8460.



### Is There More to Life Than This?

Every Thursday  
8:00pm

**CLICK HERE** to register for the next Alpha program starting January 2022.



### Daily Prayer Meeting

Every Saturday to Thursday  
9:00pm

Zoom ID: 929 735 694  
Password: pray



### Monthly Prayer Meeting

28 August 2021 (Saturday)  
2:00pm to 3:30pm

Zoom ID: 869 8003 5137  
Password: pray

**More Information on Upcoming Events**