



GALILEE

BIBLE-PRESBYTERIAN CHURCH

"IN GALILEE ... there's a great light"

202 Pandan Gardens, Singapore 609338 Tel: 6560 2410

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Website: www.galileebpchurch.org

Church Theme Verse 2026

"He is the living God, and steadfast forever;
His kingdom, His dominion shall
endure to the end."

Daniel 6:26

Pastor	:	Rev Dr Simon Nagarajan	9858 4865
Asst Pastor	:	Rev David Cher	9737 9150
Ministry Staff	:	Mrs Lee May San	9618 9160

ORDER OF WORSHIP

Lord's Day, 16 August 2026, 9.30 am

PRELUDE

Pianist: Ms Adeline Lee/Organist: Mr Jonathan Cher

INTROIT #216 "The Lord Is In His Holy Temple"

CALL TO WORSHIP

Elder Kenneth Wong

PRaise & WORSHIP

HYMNS #648 "Love Divine, All Loves Excelling"

#596 "I Surrender All"

- "I Know Who Holds Tomorrow"

INVOCATION

GLORIA PATRI #812 "Glory Be To The Father"

SCRIPTURE READING [Responsively] Psalm 106:26-48

Mr Hymn Ong

OFFERINGS & TITHES

DOXOLOGY #815

(Creche/Nursery/Kindergarten/Primary children leave for Sunday School)

PASTORAL PRAYER

MESSAGE: "God's Jealous Love"
Exodus 34:1-17

Rev Dr Simon Nagarajan

CLOSING HYMN "How Deep The Father's Love For Us"

BENEDICTION & 3-FOLD AMEN

ANNOUNCEMENTS

POSTLUDE

WELCOME

In-Person Worship Service
& Broadcast Live on
Galilee Website

YOUTH WORSHIP SERVICE

9.30 am

Speaker: Mr Lim Chien Chong
(Grace BPC)
Message: "God's Jealous Love"
Text: Exodus 34:1-17

GALILEE MANDARIN WORSHIP SERVICE

9.15 am

Speaker: Rev Chai Muei Huying
Message: "Only The Lord's Counsel
Will Prevail"
Text: 2 Samuel 3:1-39

THE WEEK

17 Aug – 23 Aug 2026

Wednesday 19 August

- 8.00 pm **Bible Study/Prayer Meeting**
Pastor David Cher
 The Book of Acts
 Zoom ID: 895 9406 9755; Password 909055
- 7.30 pm Rev Philip Heng
 The Book of 1 John
<https://meet.google.com/hjx-pkcp-dye?hs=151>
- 7.30 pm Mrs Lee May San (Ladies' Prayer Meeting/BS)
 The Book of 2 Peter
 Zoom ID: 815 6829 8000; Password WEDLABSPM

Saturday 22 August

- 1.30 pm **CF/JF – Instant Calm**
 I/C: Sis Lata B
- 1.30 pm **Parenting Workshop** –“High-5s at Home”
 Nurturing the parent and child relationship
- 4.30 pm **Combined SSG Fellowship**

Lord's Day 23 August

- 9.00 am **Pre-Worship Prayer Meeting** (on-site only)
- 9.15 am **MANDARIN WORSHIP SERVICE**
 [On site & available on Galilee Website same day evening]
 Preacher: Elder Har Chee Choey
 Message: “The Righteousness of David”
 Text: 2 Samuel 4:1-12
- 9.30 am **ENGLISH WORSHIP SERVICE**
 [On site & Live Broadcast available on Galilee Website]
 Chairman: Dn Sandeep Choppa
 Worship Team Leader: Dn Shaun Teo
 Scripture Reader: Bro Collin Lee (Psalm 107:1-20)
 Preacher: Rev David Cher
 Message: “God’s Holy Glory”
 Text: Exodus 40:1-17, 34-38
- All Sunday School Classes on-site**
- 10.00 am Crèche/Nursery/Kindergarten 1 & 2/Primary 1-6
- 11.00 am Secondary/Senior Class
- 11.00 am Adults [Rev Ong Hock Khee]
- 12.00 Pm **TFYF – Sunday Lunch Fellowship**

3 WAYS TO GIVE OFFERINGS & TITHES

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**Submit yourselves therefore
to God. Resist the devil, and
he will flee from you.
James 4:7**

Attendance

English Worship Service

9 August 2026

236

(Online)

64

(In-Person)

172

- Pre-Worship Prayer Meeting
- Sunday School
- Adults' SS

6

35

13

Mandarin Worship Service

9 August 2026

37

Wed Bible Study

12 August 2026

31

Wed Prayer Meeting

12 August 2026

25

Church Announcements

1. **Flowers Contribution Today:** Elder & Mrs Charles Phua
2. **Young Parents Workshop** – “High-5s at home, Nurturing Parent and Child Relationship”
Saturday, 22 August 2026, 1.30 pm to 3.30 pm. Please register with Rev David Cher.
3. **Combined SSG Fellowship** – Saturday 22 August 2026, 4.30 pm @AV Studio
“One Body, Growing Together In Love” Ephesians 4:1-16
4. **Session Meeting** – today, 1.30 pm @ Level 4 #04-05.

“Sleep Well”

Pastor Simon, Lord's Day, 16 August 2026

Brethren,
Greetings in the Name of our Lord and Saviour Jesus Christ. Have we not all observed how differently the Lord has fashioned us? Some can sleep almost anywhere and at any time. I know of a pastor who, even while seated in company, would fall asleep at the table if he was not engaged in the conversation. Yet some brethren endure sleepless nights because of medical conditions, while others avoid coffee or tea to experience restful sleep. Such struggles remind us of our frailty and our need to receive sleep as a merciful gift from the Lord.

According to an article entitled “The Impact Of Sleep On Health And Wellbeing” says that “we spend approximately a third of our lives asleep. Sleep is an essential, involuntary process without which we cannot function effectively. It is as essential to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. Sleeping helps to repair and restore our brains, not just our bodies. During sleep, we can process information, consolidate memories, and undergo a number of maintenance processes that help us to function during the daytime.”

Brethren, has sleeping soundly become only a distant memory for you? What is stealing away your sleep? In my own experience, I have realised that certain conditions of the heart and mind can rob us of rest. One of these conditions is worry. Despite God's many promises in Scripture, you and I still wrestle to suppress anxious thoughts. We profess faith in God, yet at times our worry reveals how much we struggle to trust Him fully. If we examine ourselves carefully, we may discover that we often lean more on our own wisdom, understanding, and ability than on the Lord. Someone has rightly remarked, “Worry, in essence, is the sin of distrusting God's promises

and the power of God.” Hence, our Lord Jesus said in Matthew 6:25 that we should not worry about everyday life—whether we have enough food and drink, or enough clothes to wear. Is not life more than

food, and the body more than clothing? In these words, Jesus lovingly counsels us not to be anxious, but to rest our hearts in Him.

The next hindrance to restful sleep is fear. Psalm 127:1–2 reminds us, “Unless the Lord builds a house, the work of the builders is wasted. Unless the Lord protects a city, guarding it with sentries will do no good. It is useless for you to work so hard from early morning until late at night.” These words gently call us to recognise our limitations and to surrender wholeheartedly to the Lord, trusting Him with our undertakings, burdens, and headwinds. Lying on the bed, staring at the ceiling, and imagining one troubling scenario after another only overloads the mind. Rehearsing how we might prosecute or defend our case, as though we were standing in a courtroom, seeking to remove every obstacle and overcome every resistance that stands in our way, only robs us of peace and deepens our unrest. Fear persuades us that everything depends on our strength, but faith reminds us that the Lord neither slumbers nor sleeps. Therefore, we are invited to place our anxieties, plans, and uncertainties into His faithful hands and rest under His watchful care.

The Scriptures remind us, “... for so He (the Lord) giveth His beloved sleep.” We can appropriate this indispensable provision only when we practise the discipline of the psalmist: “I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth” (Psalm 121:1–2). Whatever is weighing heavily on our hearts and burdening our minds, we must bring it to the Lord before we retire for the day—“Lord, I commit tomorrow into Thy hands. I do not know what lies ahead, but I believe that Thou wilt take care of everything far better than I ever could.” Having committed the matter to Him, let us cease from striving, lay aside our anxious thoughts, and rest in the Lord. Sleep well tonight!

God bless!