



BETHESDA BEDOK TAMPINES CHURCH

TAKE HEED OF WHAT YOU WANT

ENGLISH WORSHIP SERVICE

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Illustration







**Depends on what
they wanted on
earth!**







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Take Heed

that No One Deceives You

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TAKE HEED

How You Hear

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TAKE HEED

THAT THE LIGHT IN YOU IS NOT DARKNESS

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1:26:38



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BETHESDA BEDOK TAMPINES CHURCH

TAKE HEED

Luke 12:13-34

Take heed of what you want because

- Your life is not defined by what you have
- Your life is defined by what you give



What you have



UNI LECTURER
UP TO \$16K/MONTH

What you do



Who you know

Driven to breaking point by stress during pandemic

In late March, Mr Margaret Lim (not her real name) was praying to avoid the lockdown which has left her and her husband left the city and later took his own life.

It was a day before his birthday, and she was going to discuss his birthday plans with him.

The family had discussed that public life in the transport sector was a challenge for him, and she had to deal with his family, who had been in the city since the lockdown.

Mr Lim, who is in his late 40s, said the staff were all affected by his health.

He had to adjust to his new home working style, since late last year and wanted to transfer to a longer period, but his pay, but it was not possible.

And then the pandemic came.

"The didn't allow us to visit him, but I could see that he was quite of lonely by himself. It became every day, there was always bad news on TV," said Mr Lim.

She said he might have felt hopeless about the future after his

regression, given that the pandemic was likely to be prolonged and would affect his chances of finding work.

"The probably because that people would be losing their jobs, and he wouldn't be able to find a replacement," she said.

At home, Mr Lim, who had been in the city since the lockdown, was being treated for it, and she had to deal with his family, who had been in the city since the lockdown.

The 40-year-old could not understand why his daily earnings were stopped in March because of the coronavirus pandemic.

"When she wanted to go out and visit him, she would have to go on the floor and down, it was very difficult emotionally, but she very much," Mr Lim said.

"I think the biggest cause when he was ill in March. The hospital had to suspend her from the work, and she was not able to work."

He said he might have felt hopeless about the future after his

After his death, Mr Lim applied for financial aid to help the family get by as her work as a freelance writer is not stable.

At the time, she had focused on caring for him in his last days, but he had been struggling since the lockdown.

That was the end of his life. Calling his 55-year-old father-in-law, who had been a challenge, saying that he had to go to the hospital, and she was not able to work."

He said he might have felt hopeless about the future after his

of such a scholarship in working against him in this pandemic, as he was not able to find a replacement.

The case back for the Chinese New Year had not been in school due to his father's death and the COVID-19 restrictions.

He is still paying for his education, and he has been struggling to find a replacement.

Mr Lim's domestic helper, who was not able to find a replacement, was not able to find a replacement.

He said he might have felt hopeless about the future after his

seemed with my husband having lost his job, and even if I had him, he cannot remember.

"Every day she will ask for him and wait for him to take her out."

Mr Lim's case highlights the psychological stress that some people are experiencing during the pandemic, which has also seen some reports of family violence.

Recently, Mr Lim's husband (not her real name) had been struggling to find a replacement.

He said he might have felt hopeless about the future after his

would get better one day. She said the pandemic had made it worse.

In February, as fears about the coronavirus outbreak were mounting, she found herself having to wait for her husband to take her out.

That had not happened before.

When he appeared the next day, she found him in a bad mood, and they were both drunk.

After an exchange of words, he had been struggling to find a replacement.

He said he might have felt hopeless about the future after his

with past mental health issues had previously been keeping her well, but she was not able to find a replacement.

"She then became anxious, and worried that something bad would happen," he said.

"Over a period of three months, she became totally dependent on her family and helper."

Prof Wang said that some mental health challenges may also be the result of staying at home a lot, as to increase parental supervision and their home environment for the future.

His team has seen several cases where some youth under suicide attempts or self-harm actions will harm.

Some parents are not aware of the need to change their parenting ways, and continue to treat their teenagers as young children, he said.

In some of these cases, "the people to look out for is not the child, but the parent," he said.



The past few months have been so hard with my husband having left us. If she is at home, she will be asking for him, and even if I tell her, she cannot remember. Every day, she will ask for him and wait for him to take her out.

Ms Margaret Lim (not her real name) has been particularly frustrated that he could not return to his support in his family, as his health had not improved in the last few months ago.

Ms Margaret Lim, a teacher at a school, said she has already advised a few patients who have been advised to home quarantine, but she has not been able to help this year.

In previous years, such cases were rare and he believed.

She added that the pandemic has not only worsened the mental health of some people, but also caused increased stress in some people who do not have existing mental health issues.

Assoc Prof Professor John Wang, senior director of the National University Health System's Mind Science Centre, said he and his colleagues have seen across cases where people are suffering from more stress in this pandemic.

Those with pre-existing mental health issues, some youth and the elderly are among those vulnerable.

He shared that as adults, some

SINGAPORE - ARE YOU FEELING OK?

A COVID-19 MENTAL HEALTH & WORKPLACE RESILIENCE STUDY
JUL-AUG 2020

CCB NUHS

1 BOOMERS APPEARED TO BE COPING BETTER THAN MILLENNIALS.

OK Boomer? More like Boomers are OK, and doing much better than Millennials during this COVID-19 period.

Older respondents (aged 45 and above) reported higher perceived mental resilience than those younger (below 45 years old).

Are you able to handle unpleasant emotions like sadness, fear, and anger?

% OF RESPONDENTS REPORTED YES

OLDER	50%
YOUNGER	40%

2 THE FRONT LINE EXTENDS FURTHER THAN WE THINK.

Stress was felt by everyone battling the pandemic, whether from home or as an essential worker.

53% OF FRONTLINE WORKERS & 61% OF WORKING FROM HOME REPORTED FEELING STRESSED AT WORK.

Interestingly, a significantly greater percentage of respondents who work from home reported feeling stressed as compared to frontliners.

51%	32%
WH	FRONTLINERS

Are you able to stay calm in difficult situations?

% OF RESPONDENTS SAID YES

OLDER	47%
YOUNGER	39%

Do you worry something bad will happen to you or those you love?

% OF RESPONDENTS EXPRESSED A CONCERN

OLDER	38%
YOUNGER	50%

Are you confident you can solve problems in life?

% OF RESPONDENTS SAID YES

OLDER	61%
YOUNGER	49%

Do you keep finding yourself thinking about things you cannot change?

% OF RESPONDENTS OFTEN THINK ABOUT THINGS THEY CANNOT CHANGE

OLDER	25%
YOUNGER	45%

3

EMERGING STRONGER TOGETHER

75% of respondents reported feeling more resilient during the pandemic.

57% of respondents reported feeling more resilient during the pandemic.

4 RETIRED? CHANCES ARE THAT YOU'RE FEELING A-OK.

With age comes wisdom. Retirees appeared to be faring way better, reporting higher levels of mental resilience than non-working adults and students.

ONLY 20% WERE WORRIED THAT SOMETHING BAD WOULD HAPPEN TO THEM OR THEIR LOVED ONES.

ONLY 15% FELT PREOCCUPIED WITH THINGS THEY CANNOT CHANGE.



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Take heed of what you want because

1. Your life is not defined by what you have

Luke 12:13-21

2. Your life is defined by what you give

Luke 12:22-34

Subject from v13-34 =

Treasure

1 request, 1 question, 1 caution,
1 parable, 1 teaching.

Take heed of what you want because Your life is not defined by what you have: Luke 12:13-21

13 Someone in the crowd said to Him, “*Teacher, tell my brother to divide the family inheritance with me.*”

1 REQUEST

14 But He said to him, “*Man, who appointed Me a judge or arbitrator over you?*”

1 QUESTION

15 Then He said to them, “*Beware*, and be on your guard against *every form of greed*; for not even when one has an abundance does his life consist of his possessions.”

1 CAUTION

NASB	Then He said to them, "Beware, and <u>be on your guard</u> against every form of greed; <u>for not even when one has an abundance does his life consist of his possessions.</u> "
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NLT	Then he said, "Beware! <u>Guard against</u> every kind of greed. <u>Life is not measured by how much you own.</u> "
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CEV	Then he said to the crowd, " <u>Don't be greedy!</u> <u>Owning a lot of things won't make your life safe.</u> "
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1 PARABLE: v16-21

Luke 12:16 And He told them a parable, saying, “*The land of a rich man was very productive. **PRODUCTIVITY** an reasoning to himself, saying, ‘What shall I do, since I have no place to store my crops?’ 18 Then he said, ‘This is what I will do: I will tear down my barns & **WEALTH** build larger ones, and there I will store all my grain and my goods. 19 And I will say to my soul, “Soul, you have many goods & **ENTERTAINMENT** years to come; take your ease, eat, drink and be merry.”” 20 But God said to him, ‘**You fool! This very night your soul is required of you; and now who will own what you have prepared?**’ 21 So is the man **who stores up treasure for himself**, and is not rich toward God.”*

1 PARABLE: v16-21

Luke 12:16 And He told them a parable, saying, “*The land of a rich man was very productive. 17 And he began reasoning to himself, saying, ‘What shall **I do**, since **I have** no place to store my crops?’ 18 Then he said, ‘This is what **I will** do: **I will** tear down my barns and build larger ones, and there **I will** store all my grain and my goods. 19 And **I will** say to my soul, “Soul, you have many goods laid up for many years to come; take your ease, eat, drink and be merry.”*” 20 But God said to him, ‘**You fool! This very night your soul is required of you; and now who will own what you have prepared?**’ 21 So is the man **who stores up treasure for himself, and is not rich toward God.**”

FOOLISHNESS – NO REGARD FOR GOD

Take heed of what you want because Your life is not defined by what you have: Luke 12:13-21

15 Then He said to them, "Beware, and be on your guard against every form of greed; for not even when one has an abundance does his life consist of his possessions."

21 So is the man who stores up treasure for himself, and is not rich toward God."

When protestors stormed Malacanang Palace, it was famously discovered that **more than 2,700 pairs of shoes** had been left behind in Imelda's wardrobe.

Imelda Marcos shoe museum: The excess of a regime that still haunts the Philippines

By Shirley Escalante in Manila

Posted Sun 2 Oct 2016 at 4:15am, updated Sun 2 Oct 2016 at 11:09am



Signs and symptoms (hoarding)
may include:

Excessively acquiring items that are not needed

Persistent difficulty throwing out or parting with your things, regardless of actual value

Feeling a need to save these items

Building up of clutter to the point where rooms become unusable

Man found dead amid trash: Whose issue is hoarding and who to turn to for help?





1Tim6:9 But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. 10 For the love of money is a root of all sorts of evil, and some by longing for it **have wandered away from the faith and pierced themselves with many griefs.**



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1 TEACHING
V22-34

22 And He said to His disciples, “For this reason I say to you, do not worry about your life, as to what you will eat; nor for your body, as to what you will put on. 23 For life is more than food, and the body more than clothing.

TAKE HEED
OF WHAT YOU WANT

24 Consider the ravens, for they neither sow nor reap; they have no storeroom nor barn, and yet God feeds them; how much more valuable you are than the birds! 25 And which of you by worrying can add a single hour to his life's span? 26 If then you cannot do even a very little thing, why do you worry about other matters?



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Ravens	You
Neither sow nor reap.	Worry.
No storeroom nor barn.	Cannot do even a very little thing.
Not popular.	Higher valued.
God feeds them.	<u>God will certainly feed you.</u>



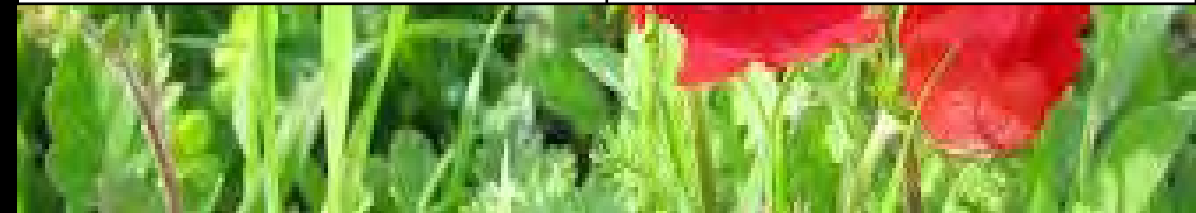
27 **Consider the lilies**, how they grow: they neither toil nor spin; but I tell you, not even Solomon in all his glory clothed himself like one of these. 28 But if God so clothes the grass in the field, which is alive today and tomorrow is thrown into the furnace, how much more will He clothe you? You men of little faith!



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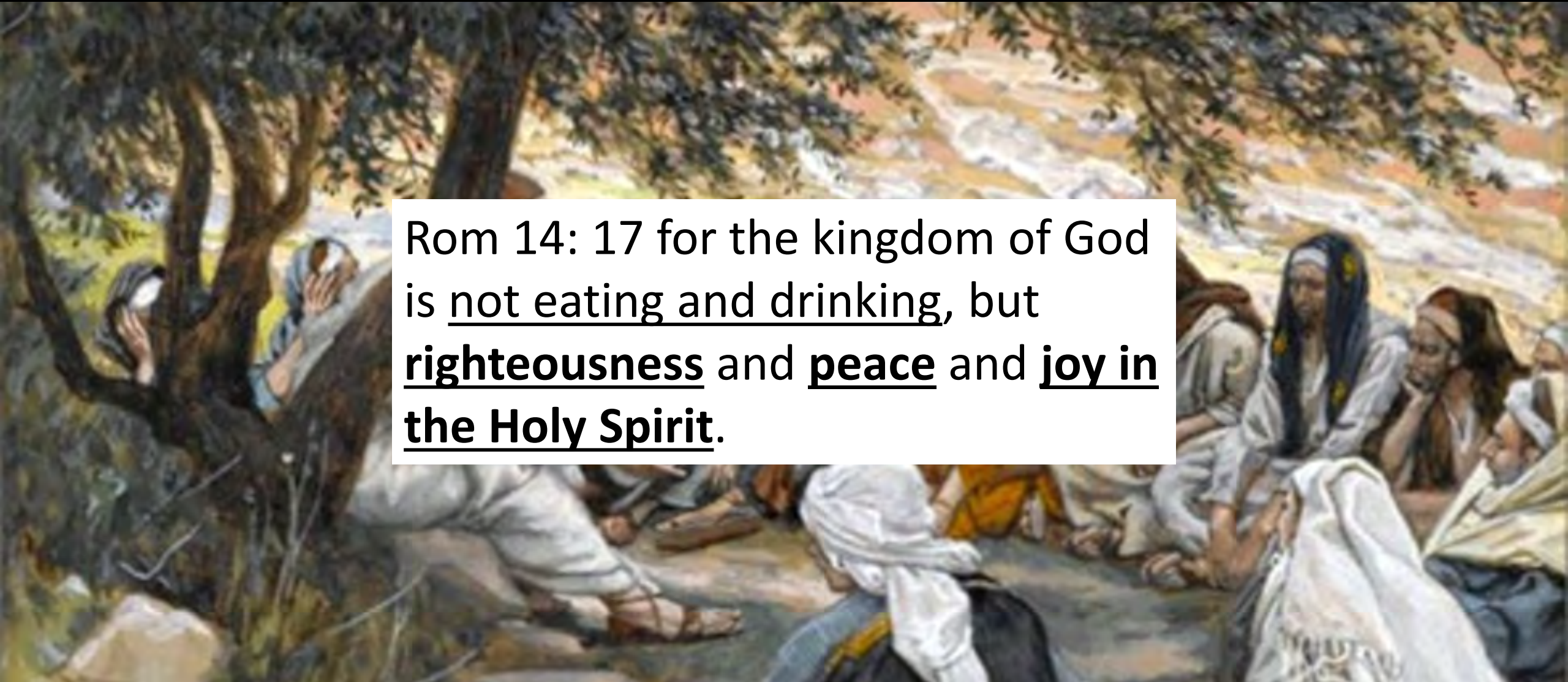
Lilies	You
Neither toil nor spin.	Men of little faith
Short life span.	Eternal life span.
Well clothed by God	<u>How much more He will clothe you!</u>



29 And do not seek what you will eat and what you will drink, and do not keep worrying. 30 For all these things the nations of the world eagerly seek; but your Father knows that you need these things.

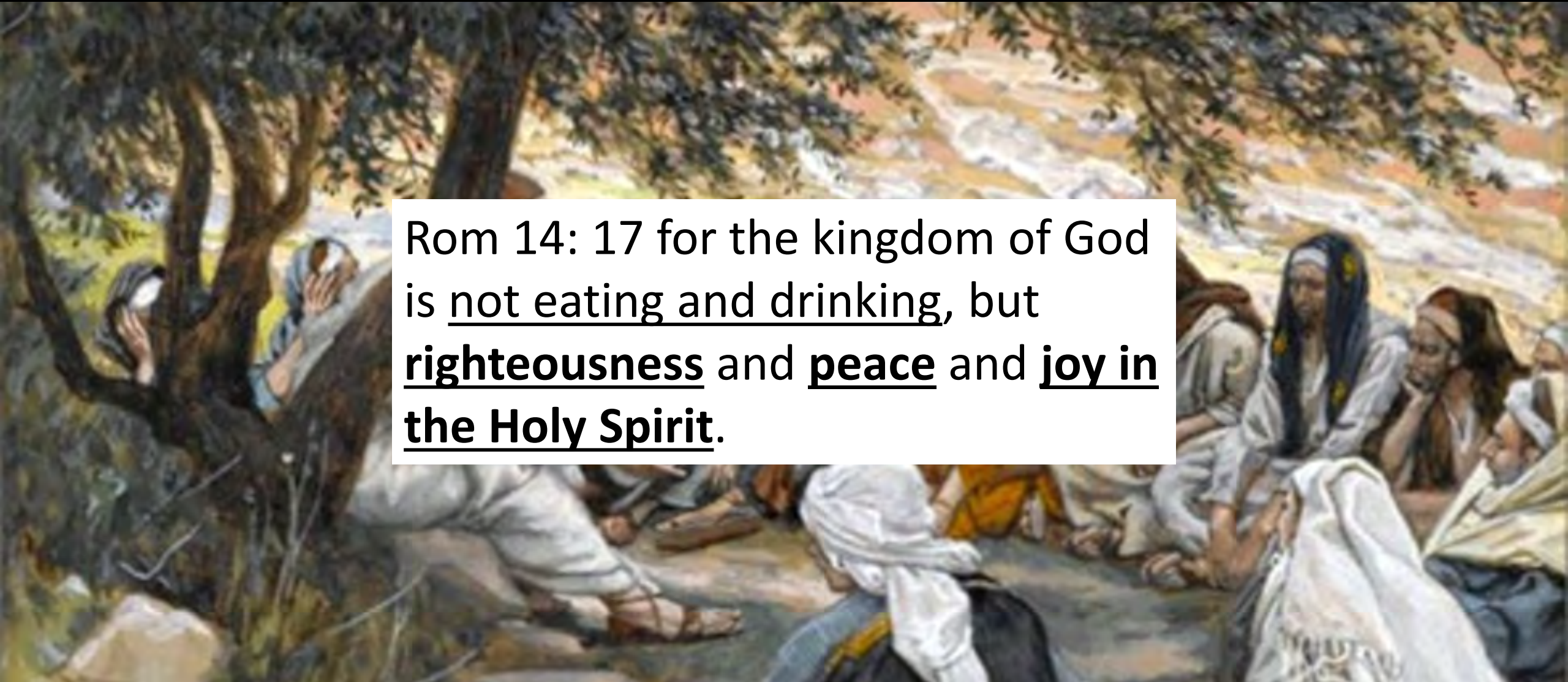


31 But seek His kingdom, and these things will be added to you. 32 Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom.

A painting depicting a group of people, likely a religious community, gathered in a wooded area. Some individuals are seated on the ground, while others stand or lean against trees. The scene is set in a lush, green environment with large trees and a path. A central white text box is overlaid on the image, containing a biblical quote. The overall style is that of a classical or religious painting.

Rom 14: 17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

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A painting depicting a group of people, likely a religious community, gathered in a forest. Some individuals are seated on the ground, while others stand or lean against a large tree. The scene is set in a lush, wooded area with sunlight filtering through the leaves. A white rectangular text box is superimposed over the center of the image.

Rom 14: 17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.

33 “Sell your possessions and give to charity; make yourselves money belts which do not wear out, an unfailing treasure in heaven, where no thief comes near nor moth destroys. 34 For where your treasure is, there your heart will be also.



V34 This verse shows the **essential thrust** of Jesus teaching. It is not the extent but **the place** of one's possessions that is emphasized, because it is the direction of one's heart, **heavenward or earthward**, that is all important.

-The Expositor's Bible Commentary

-KEY to the teaching here.



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- Your life is not defined by what you have: Luke 12:13-21
- Your life is defined by what you give: Luke 12:22-34

**Depends on what
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earth!**



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