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## IMH study points to likely increase in mental health issues in S'pore amid Covid-19





Timothy Goh

PUBLISHED AUG 24, 2021, 3:16 PM SGT







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Health & Balance > Feature Stories

# Does Having a Sense of Purpose Improve Your Health?

By Gina Shaw



Medically Reviewed by Hansa D. Bhargava, MD on March 31, 2020



A new study from researchers at the University of California, San Diego, suggests that if you feel you have a purpose in life, you're more likely to feel both physically and mentally well on a daily basis.

https://www.webmd.com/balance/features/sensepurpose-health

## today

Singapore World Big Read Gen Y Speaks Adulting 101 Commentary Voices Videos Brand Spotlight 8 DAYS

# 'Purpose, perseverance, support, money and sexual orientation': Study maps out what makes a person in Singapore happy

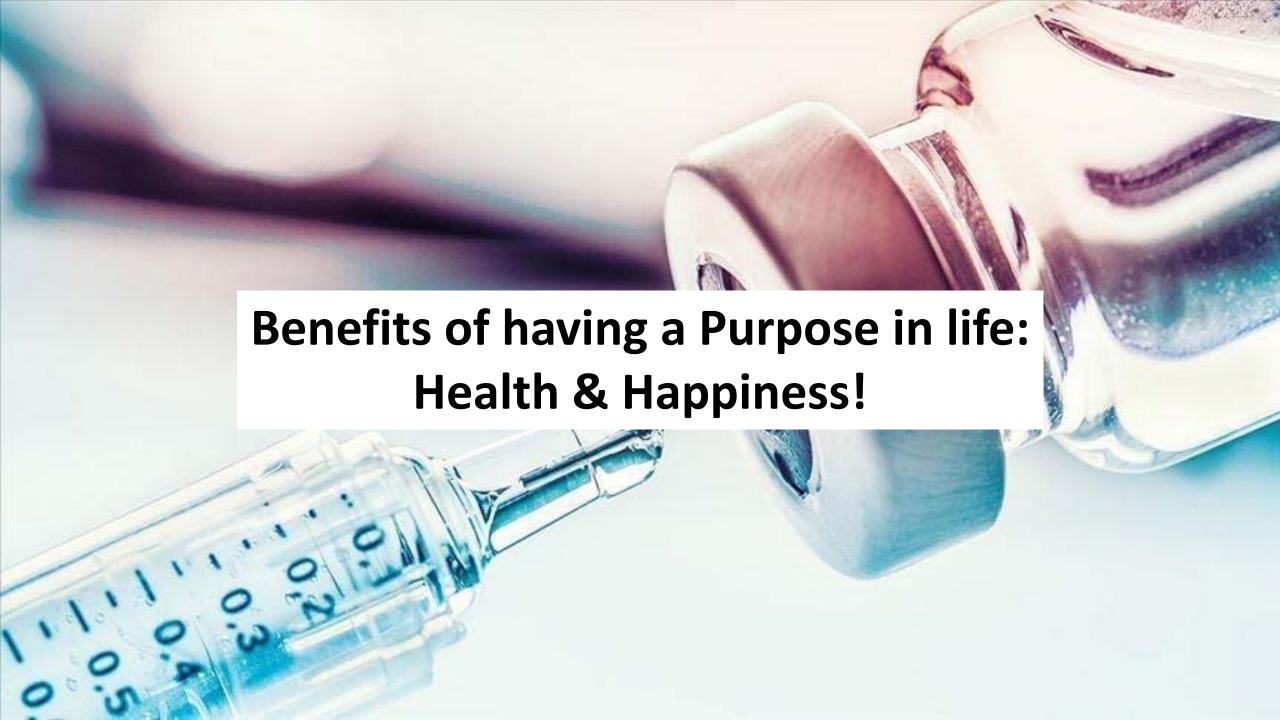


Published OCTOBER 10, 2021
Updated OCTOBER 10, 2021



SINGAPORE — A study on the happiness of Singapore residents has found that having a strong purpose in life, perseverance towards long-term goals and ample social support correlate to happier lives.

On the other hand, those who have lower household incomes, or are homosexual or bisexual, are more likely to be unhappy, the researchers concluded in their report, which was released on World Mental Health Day on Sunday (Oct 10).







## COMMON QUESTIONS WE MUST HAVE HANDLES TO

WHERE are you God?

OCT 2 & 3 //

is the Bible TRUE to you?

OCT 9 & 10 4

how to identify false teaching?

OCT 16 & 17-//

GOODNESS of God... huh?

OCT 23 & 24 //

what is my PURPOSE on earth?

OCT 30 & 31 W



# WHERE ARE YOU

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What to do when God is silent-Seek His wisdom.

Confide in Him and His people. Believe in His Goodness.





HOW TIRUT DISCERN E L

welcome to bett english servi

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Truth about God: What God says, not what man says.



# GODNESS COLUMN THE

OF GOL

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Goodness of God:

0

His Character

His Action

Distraction

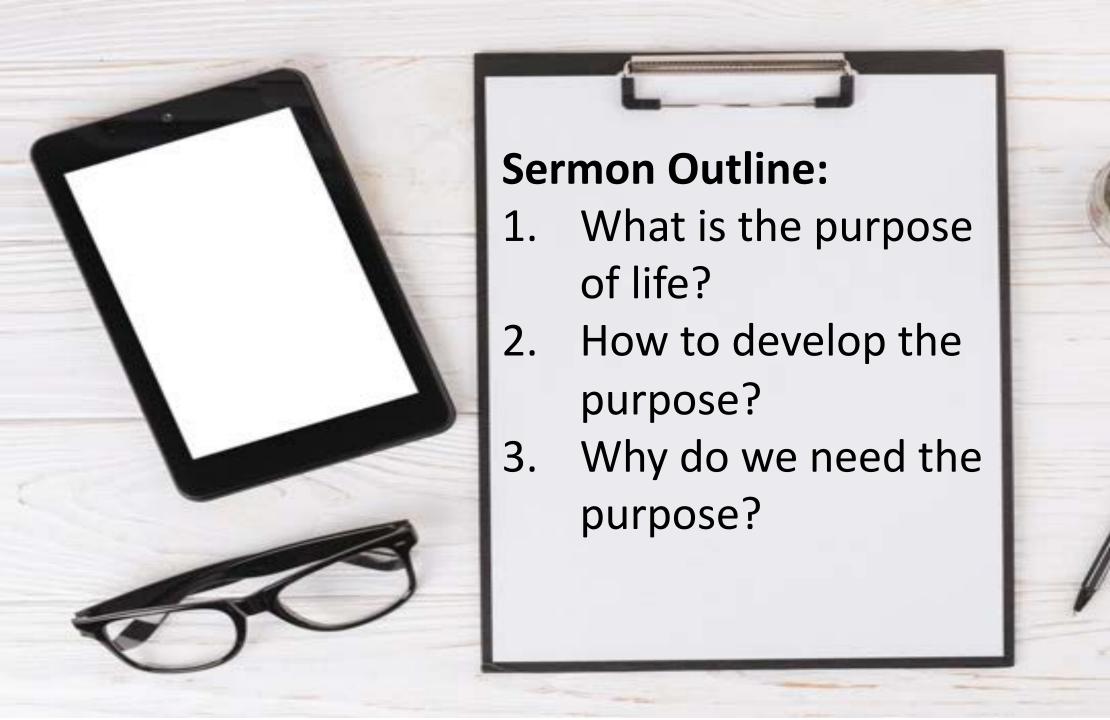
Jesus



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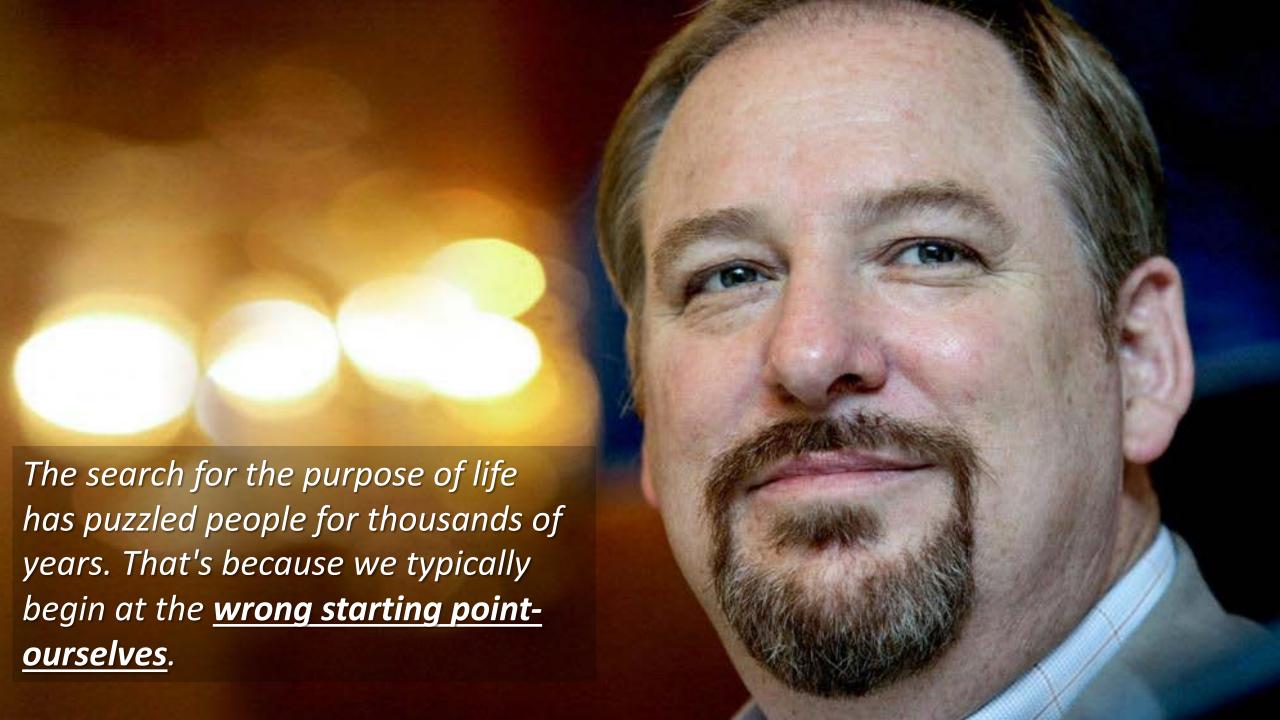


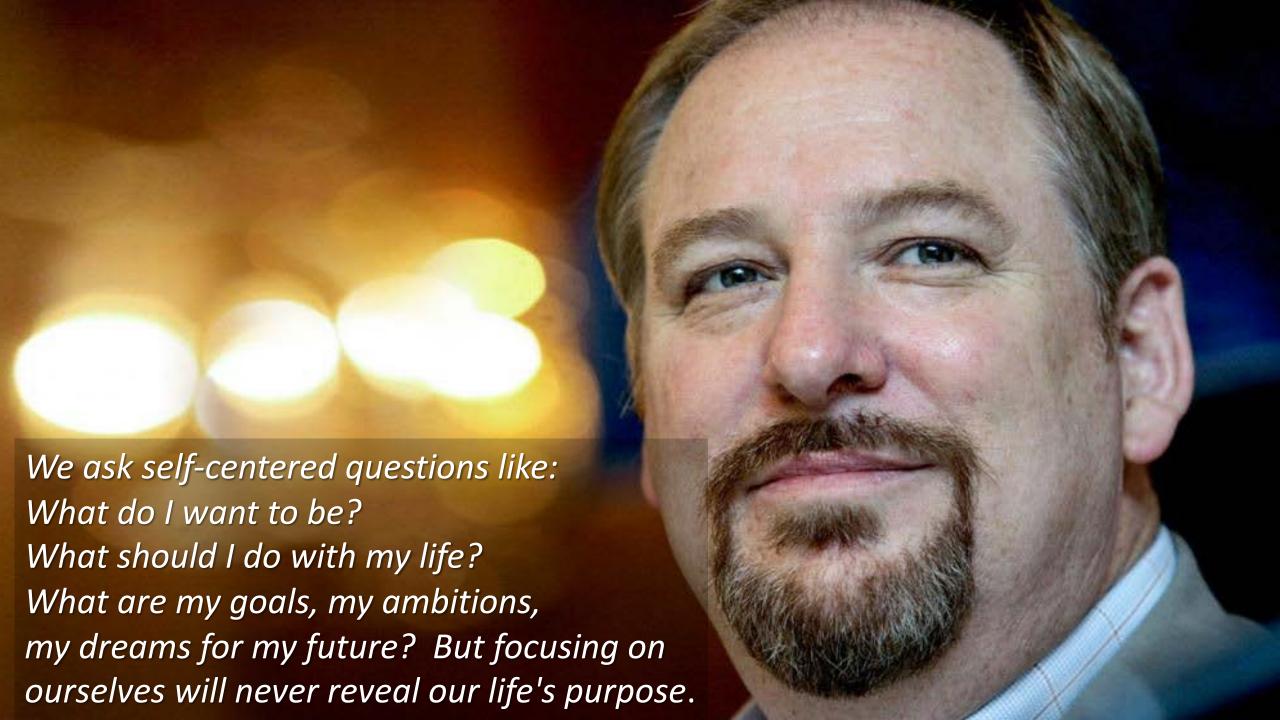
What is the Purpose of a Kettle?



What is the Purpose of a Rice Cooker?







What is the purpose of my life?

Matt16:26 For what will it profit a man if he gains the whole world and forfeits his soul? Or what will a man give in exchange for his soul?





He brought laughter to many souls. But he found none for himself in 2014.

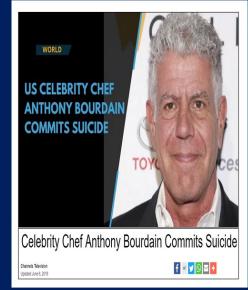


Linkin Park frontman Chester Bennington July 20 2017

They helped many to feel "loved" in their songs. But they found none for their souls in 2017.



Ecc1: 2"Vanity of vanities," says the
Preacher, "Vanity of vanities! All is vanity."
Wealth, health, power, popularity ...
do not satisfy the SOUL.
Don't make them the purpose of your
Life!



They sold us things to enjoy. But they have none for their souls in 2018.



Rom 8:29 For those whom He foreknew, He also predestined to become **conformed to the image of His Son**, so that He would be the firstborn among many brethren;

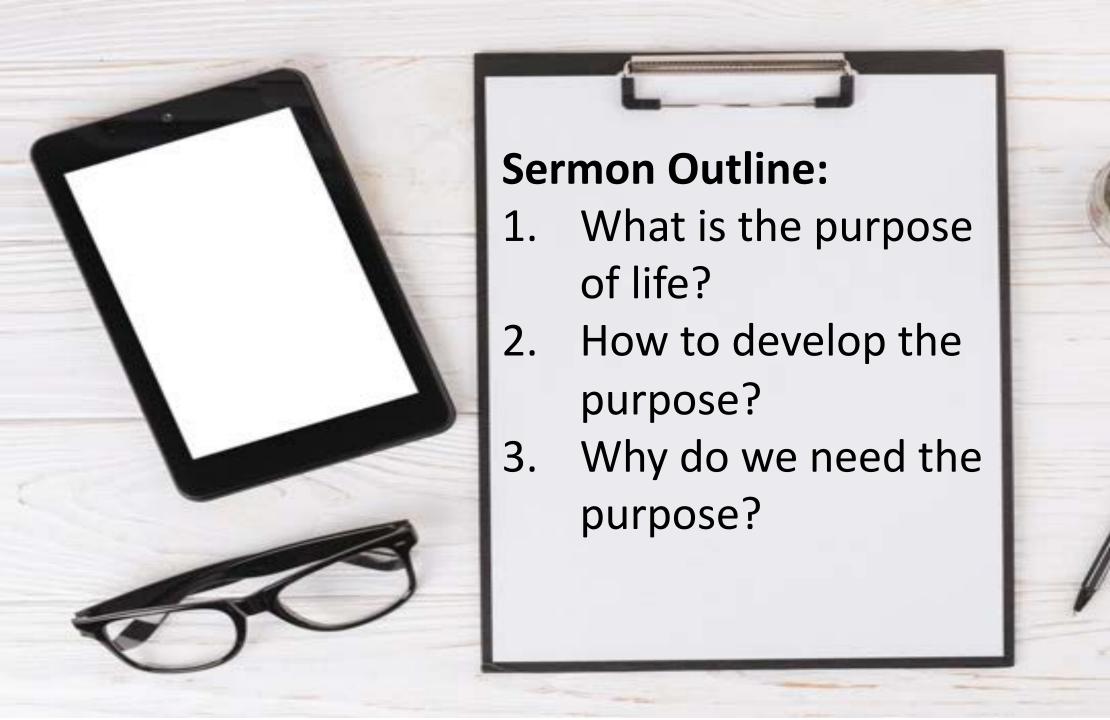
1 Cor11:1 = Be imitators of me, just as I also am of Christ.

# The primary purpose of our life: To be Christlike!

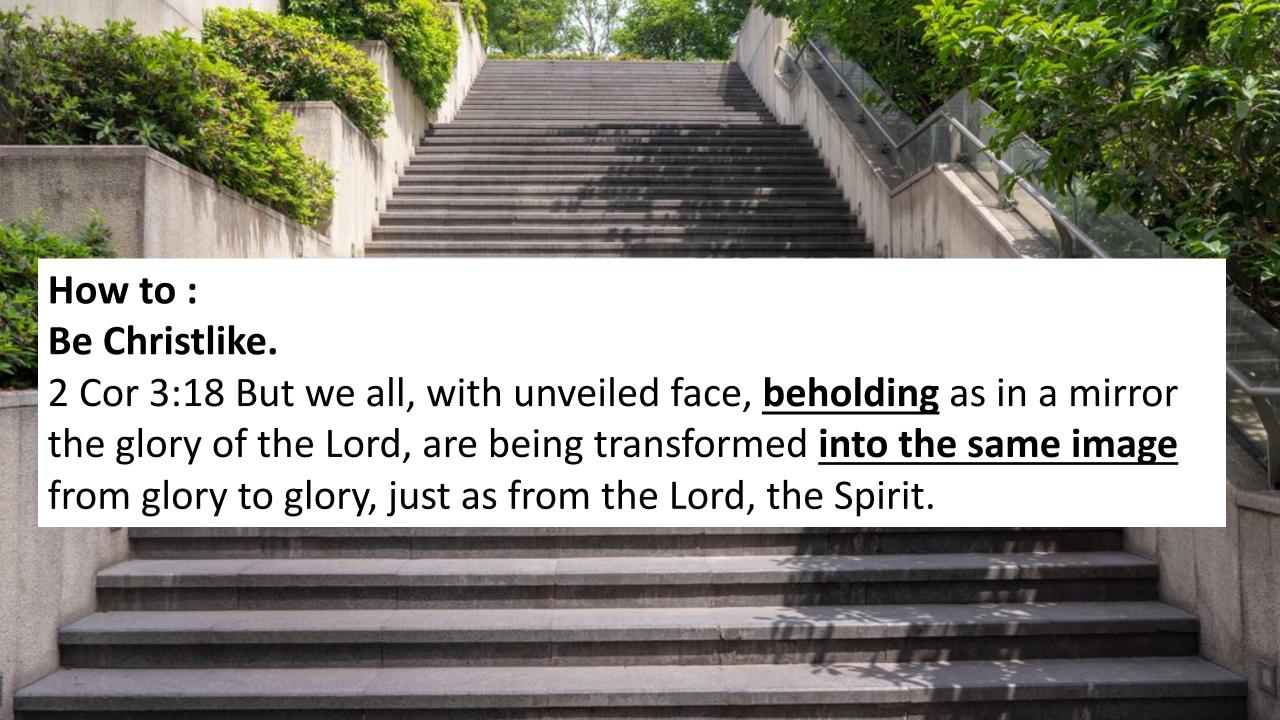
2 Tim3:16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; 17 so that the man of God may be adequate, **equipped for every good work.** 

Matt 5: 16 Let your light shine before men in such a way that they may see your **good works**, and **glorify your Father** who is in heaven.















### How to:

Be Christlike.

1. Time with God

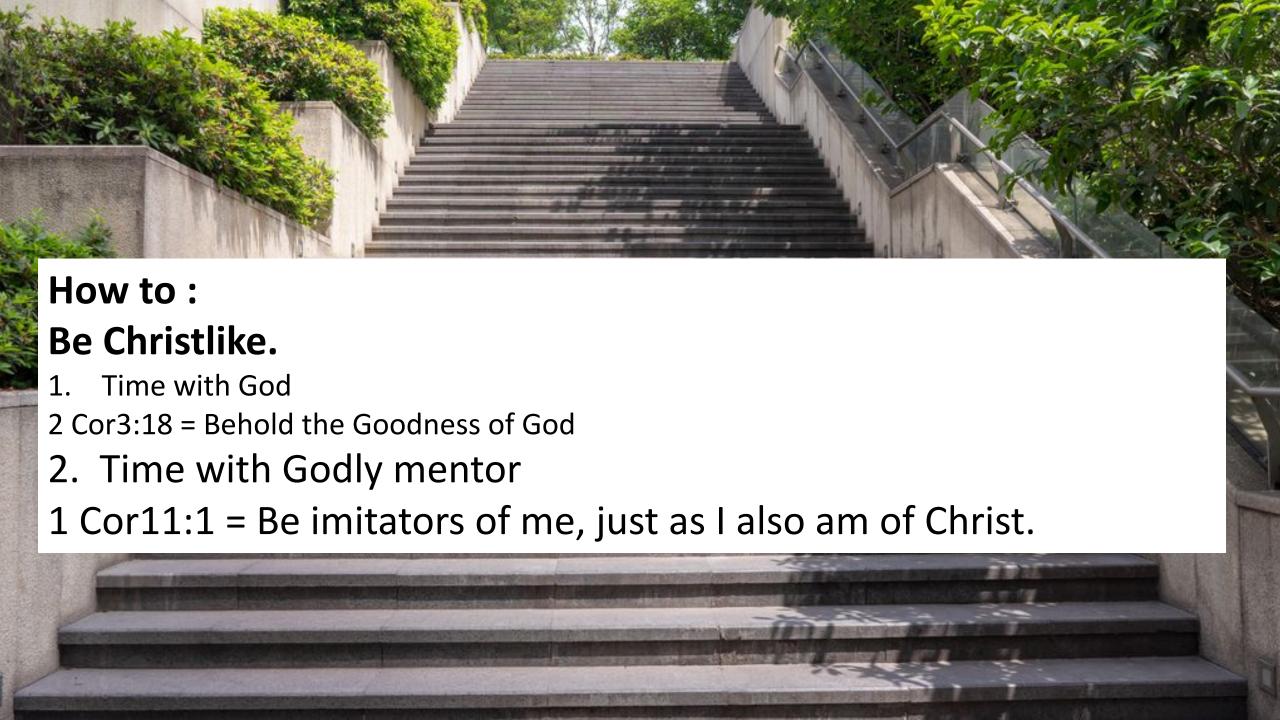
2 Cor3:18 = Behold the Goodness of God

**Application:** 

Word Intake

**Prayer Connect** 

Altar of Thanksgiving, Praise and Worship

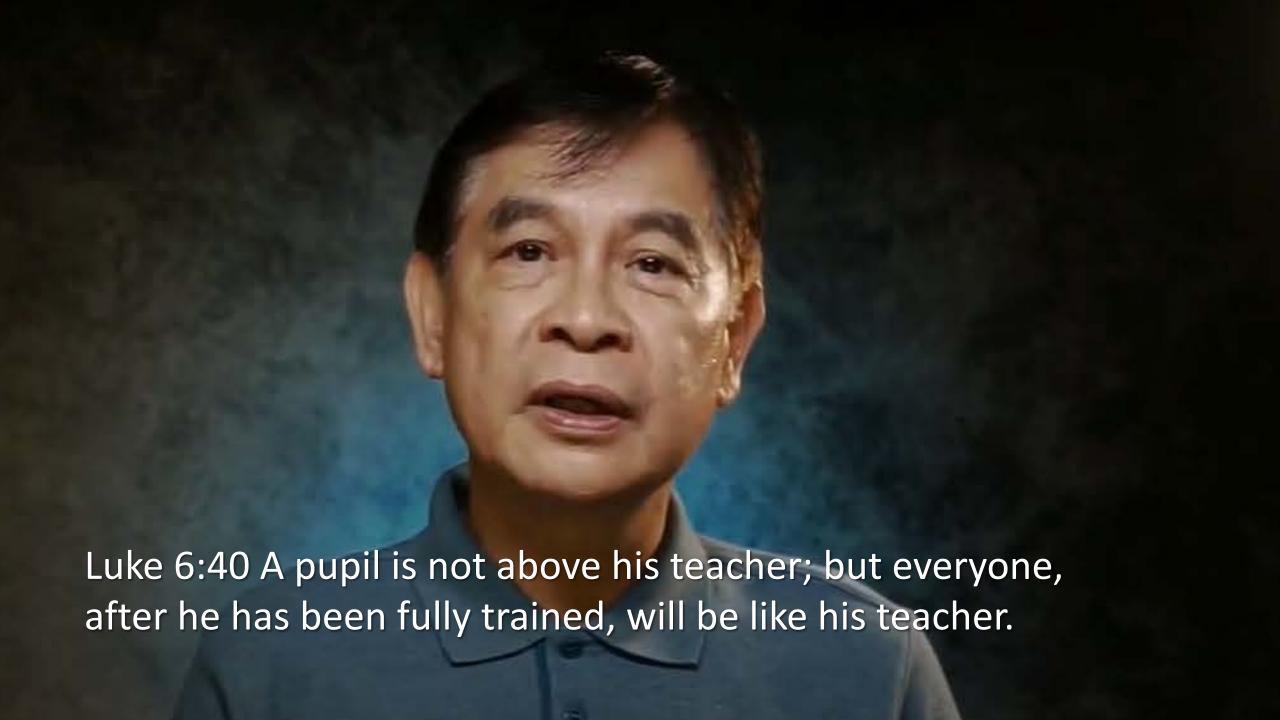


"Every Jacob has a Laban."



"Pay to serve."

"If God can use a donkey, God can use anyone!"





### How to:

Be Christlike.

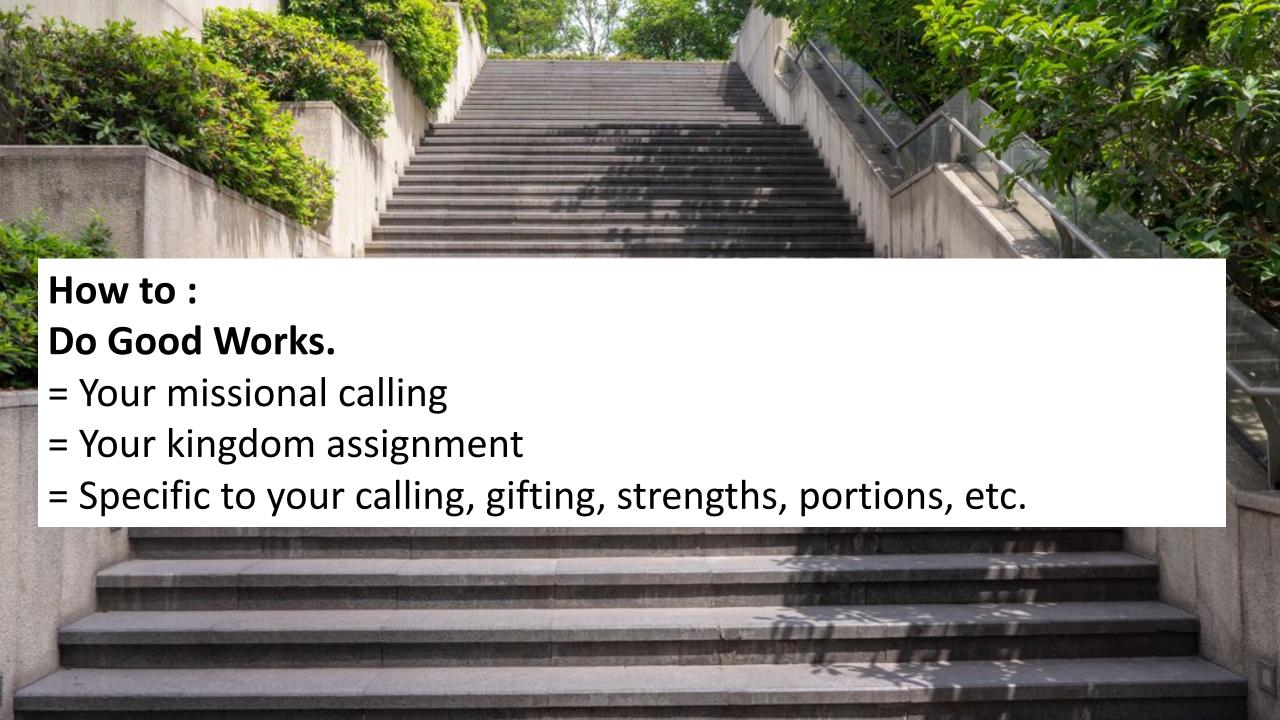
- 1. Time with God
- 2. Time with Godly mentor

### **Reflection:**

Who are you imitating?

How are they reflecting God to you?





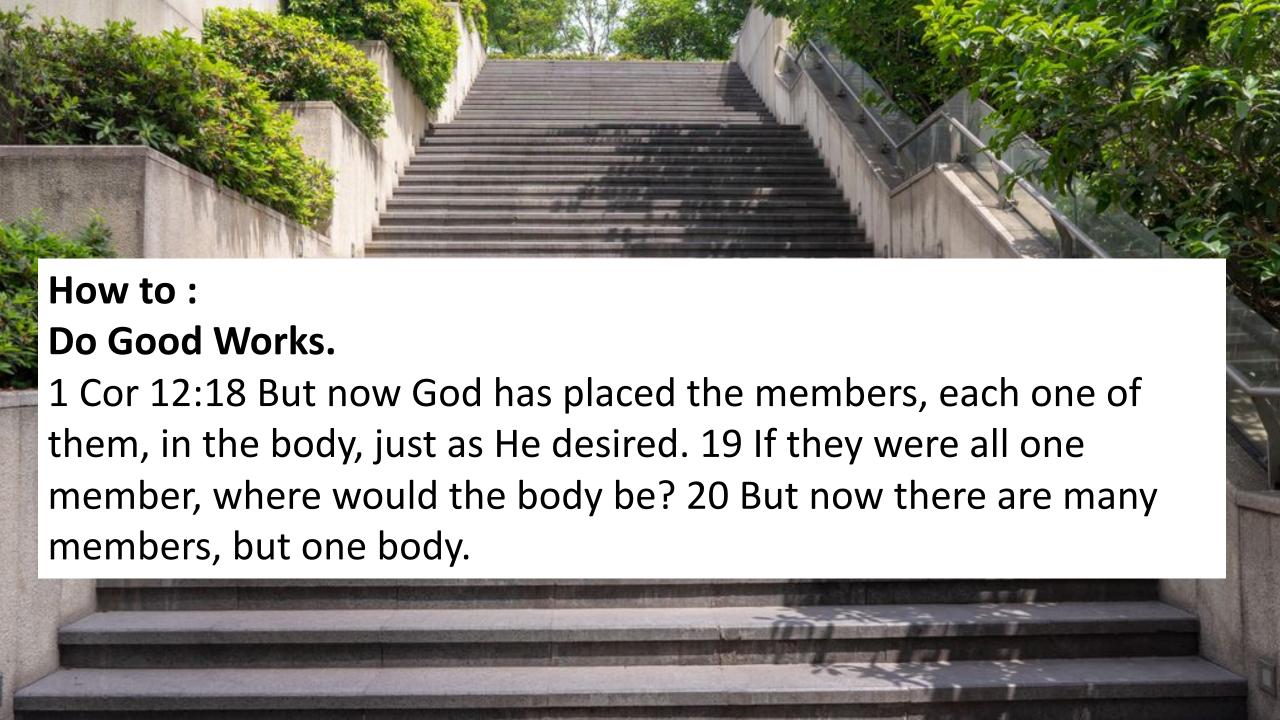


### How to:

Do Good Works.

- = Your missional calling
- = Your kingdom assignment
- = Specific to your calling, gifting, strengths, portions, etc.







### How to:

### Do Good Works.

Acts 9:15 But the Lord said to him, "Go, for he is a chosen instrument of Mine, to bear My name **before the Gentiles** and kings and the sons of Israel; 16 for I will show him how much he must suffer for My name's sake."

Jer1:5 "Before I formed you in the womb I knew you, And before you were born I consecrated you; I have appointed you <u>a prophet to the nations</u>."



## THE SIGNIFICANT WOMAN

9-SESSION COURSE, VIA ZOOM

INTAKE 1 THURSDAY, 9.30AM TO 11.30AM (FIRST LESSON ON MARCH 11)

INTAKE 2
SATURDAY, 2.30PM TO 4.30PM
(FIRST LESSON ON MARCH 13)

For any enquires, email **Joanna** at **joannahan@bbtc.com.sg** or **Peh Muay** at **pehmuay@cru.org.sg**.

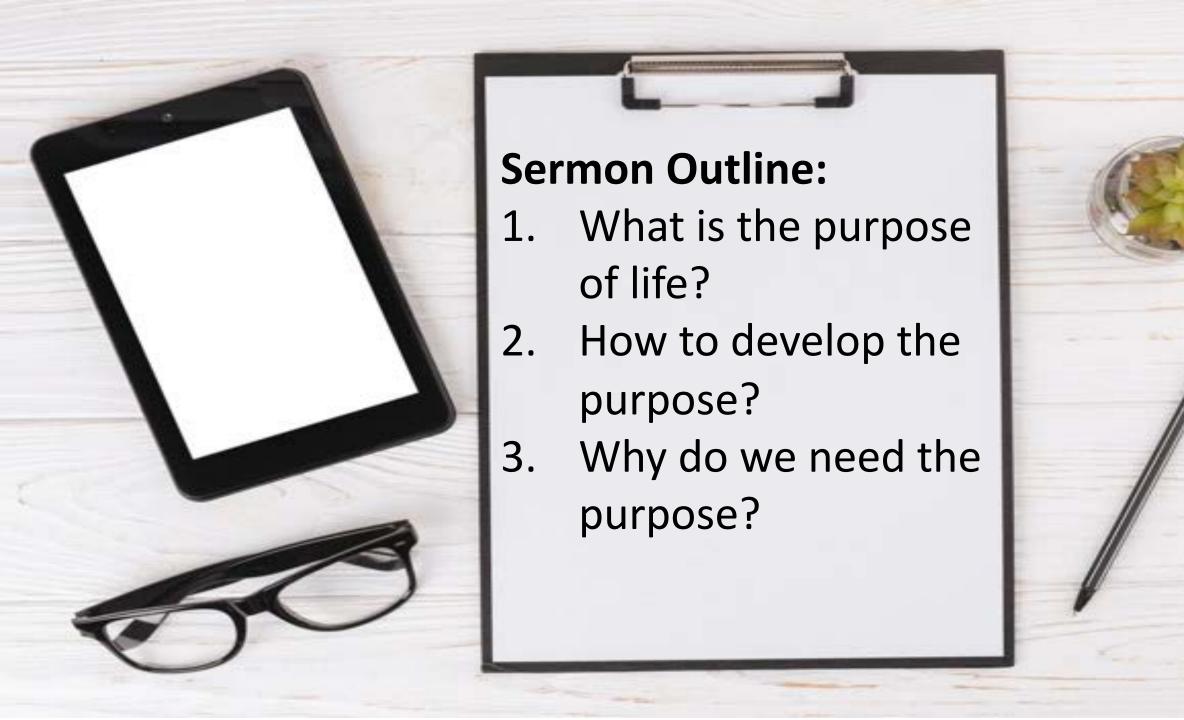


### **Application:** Areas to apply your purpose

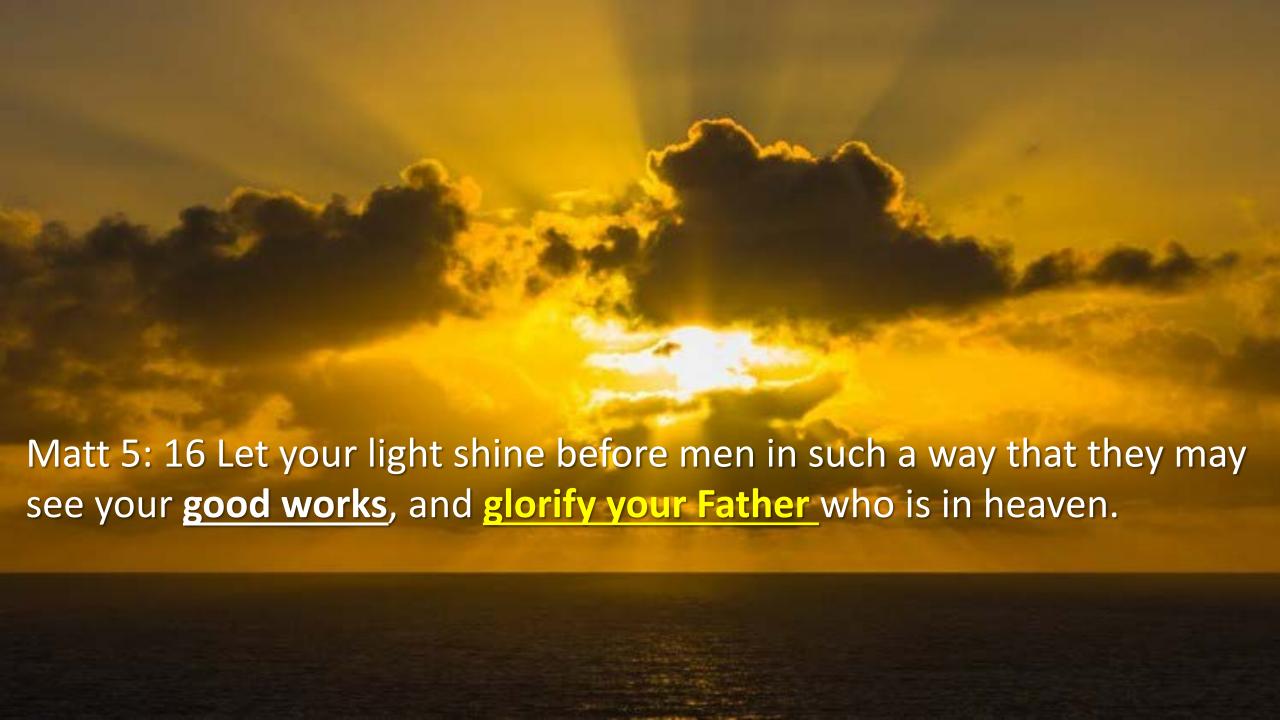
Belief	Spiritual growth, relationship with God, prayer connect, word intake, altar of TPW
Body	Health, nutrition, fitness, wellbeing, rest, sleep
Beloved	Closeness with parents, spouse, children, siblings, extended families
Best friends	Authentic friendships with closed friends ie circle of friendship
Budget	Managing resources ie money, time, things
Business	Career, business, ministry, volunteer work, education, family
Be renewed	Fun, enjoyment, recreation, relaxation, hobbies, personal development

### **Application:** Areas to apply your purpose

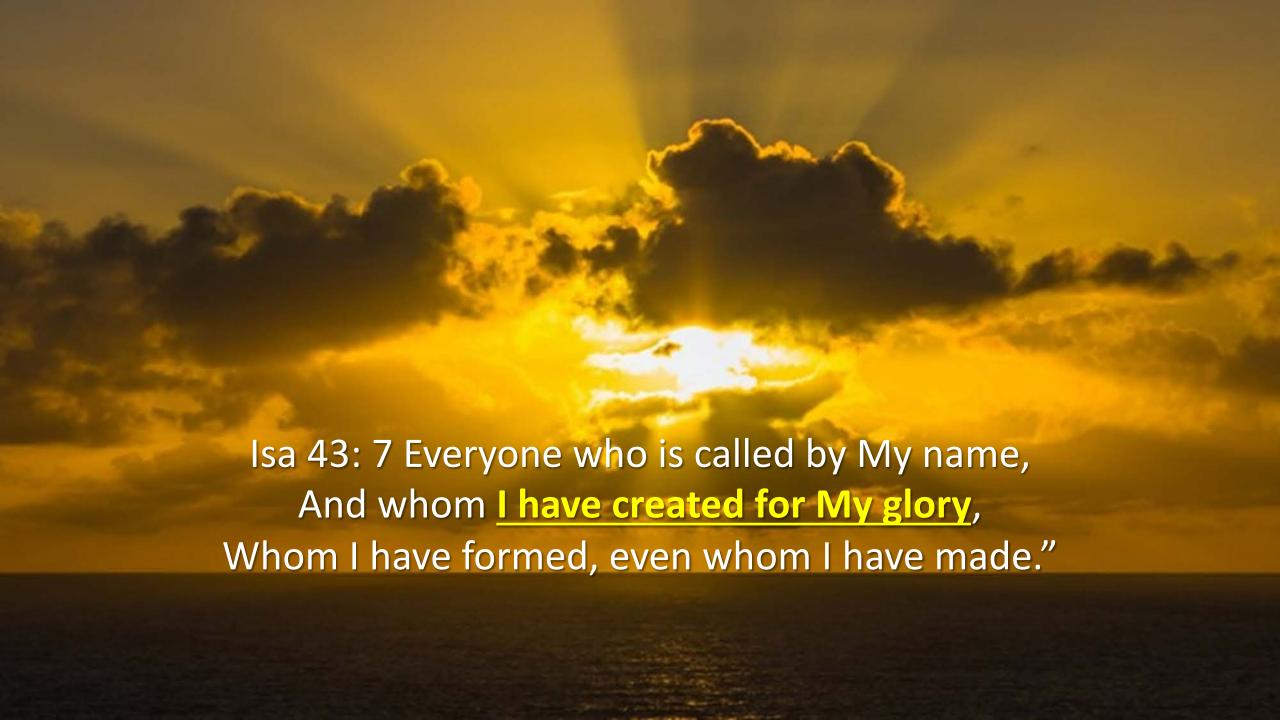
Belief	Spiritual growth, relationship with God, prayer connect, word intake, altar of TPW
Body	Health, nutrition, fitness, wellbeing, rest, sleep
Beloved	Closeness with parents, spouse, children, siblings, extended families
Best 1 Tim 5:8 But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.	
Business	Career, business, ministry, volunteer work, education, family
Be renewed	Fun, enjoyment, recreation, relaxation, hobbies, personal development

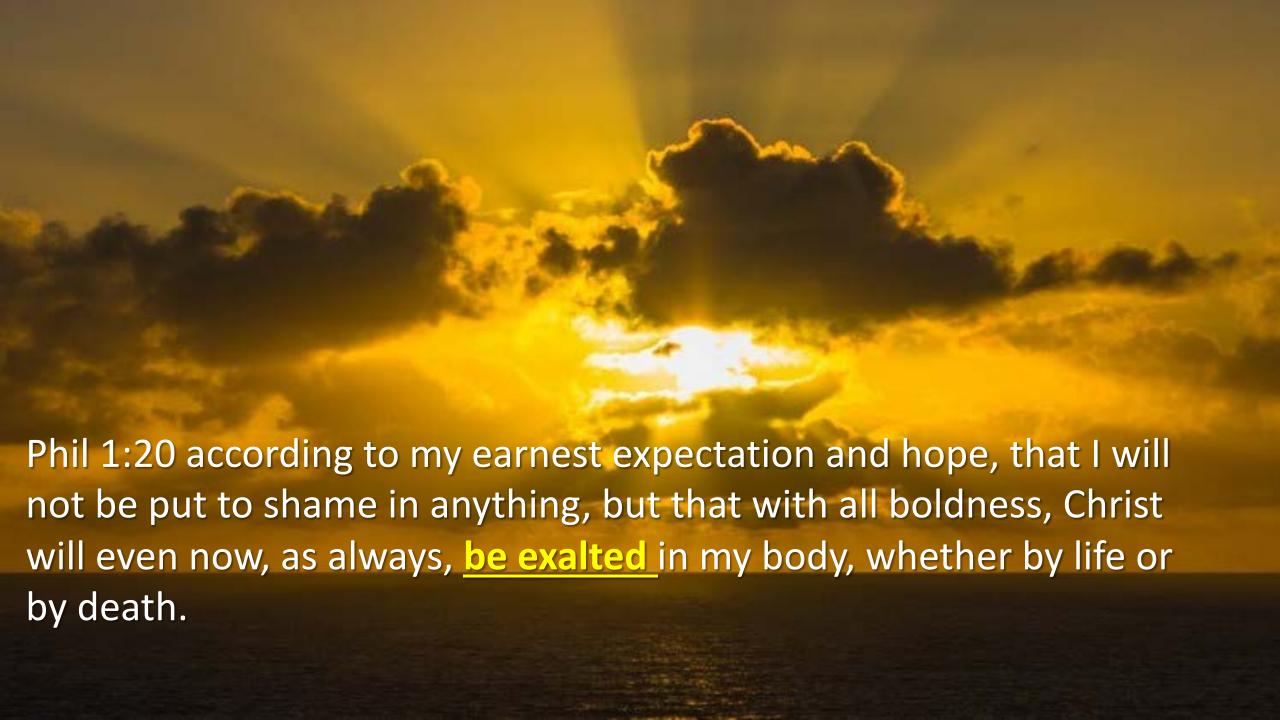


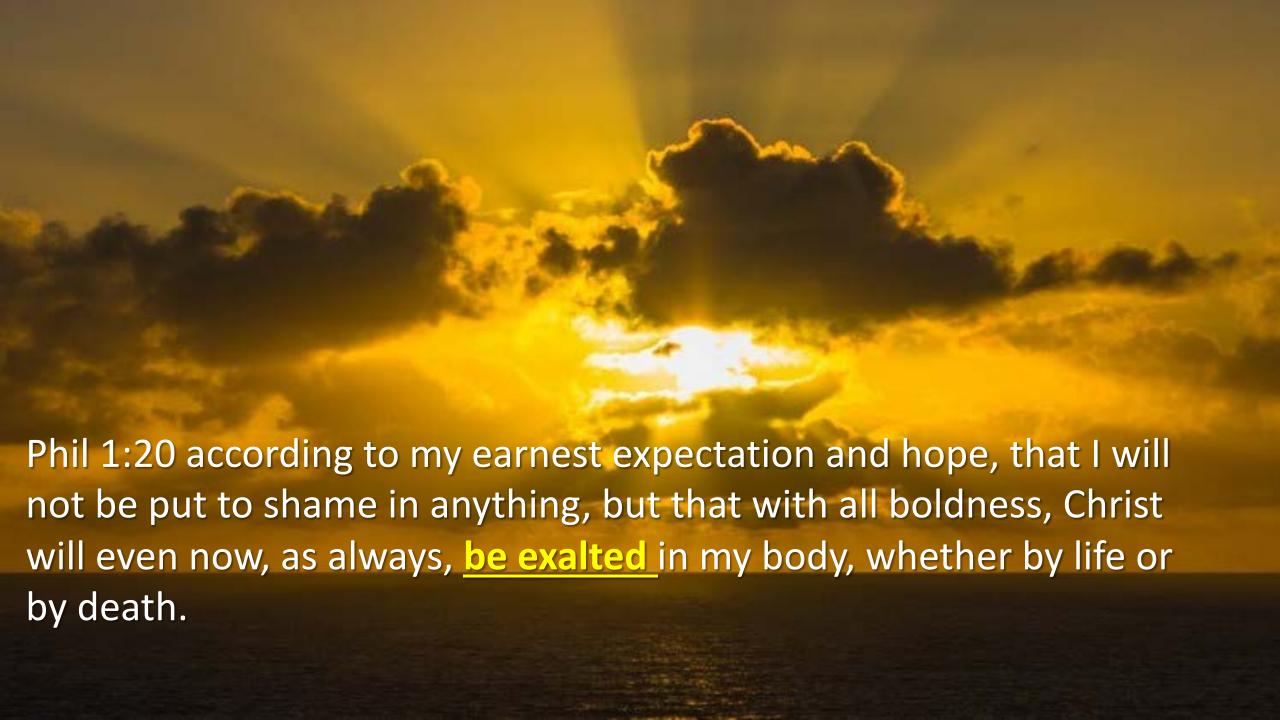














IN LOVING MEMORY

#### LATE MDM CHEN KIAT LIANG, JESSICA

CALLED HOME TO BE WITH THE LORD
29 SEPTEMBER 2021 AT THE AGE OF 49 YEARS OLD

#### Wake location/ 丧府

Singapore Funeral Parlour, Dahlia Hall (Level 3B) 91 Tampines Link, Singapore 528746

#### Starts From/ 停丧第一天

29 September 2021, 12.30pm (Wednesday) 09月29日,下午12点30分 (星期三)

Visiting hours are from 11.00am to 10.00pm 探访时间为上午11点至晚上10点正

#### Night Service/ 追思礼拜

 30 September & 01 October 2021, 8.00pm
 (Thursday & Friday )

 09月30日和10月01日,晚上8点正
 (星期四和星期五)

#### Cortège Leaving/出殡礼拜

02 October 2021, 12.25pm (Saturday) 10月02日,下午12点25分 (星期六)

#### Cremation Location & Time/ 火化场与时间

Mandai Crematorium Hall 1, 1.25pm 万礼火化场 1号厅,下午1点25分

Due to the Covid Regulations, there can only be up to 30 pax at any one time at the wake. 因冠状病毒疫情 根据卫生部条列, 停丧处最多允许 30人在场





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### Eulogy by Chin Siang (Jessica's husband)

Many of you knew Jessica as someone who loves God dearly, and had cultivated a deep sense of intimacy with Him through her daily walk. She was a very disciplined and intentional believer, <u>always seeking</u> to know God and to follow His will.

At the same time, she was compassionate and kind, and had this sweet spirit of gentleness within her that is evident to all. She was also a very wise person in her dealings, **showing good counsel** and a sense of maturity beyond her age.

Over the years, she had selflessly poured herself out, and taken every opportunity to deposit **into the lives of others**.

### Eulogy by Chin Siang (Jessica's husband)

for my wife who procedure after r have been able to In fact, friends w and radiant. But

This period has b You are my hope in my hopelessness My help in my helplessness The strength in my weakness The light in my deep darkness

In fact, friends w and radiant. But Severe pain cause And filled me with Your Fullness

us, particularly he went through ot many would out a complaint. I looked healthy ing with the over her body.

And filled me with Your Fullness

Through it all, she now remained positive and kept ner faith in God.

Unwavering till the very end. This is best exemplified by the verse in Rom 12:12 "Be joyful in hope, patient in affliction, faithful in prayer."



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# 2 Tim 4:7 I have fought the **good fight**, I have **finished the course**, I have **kept the faith**;

ONLEED HOME TO BE WITH THE BOKE

因过状病毒投情 根据卫王部杀列, 停丧处最多允许 30人在功

29 SEPTEMBER 2021 AT THE AGE OF 49 YEARS OLD





Hymn

1 Take my life and let it be consecrated, Lord, to thee. Take my moments and my days; let them flow in endless praise, let them flow in endless praise. 2 Take my hands and let them move at the impulse of thy love. Take my feet and let them be swift and beautiful for thee, swift and beautiful for thee. 3 Take my voice and let me sing always, only, for my King. Take my lips and let them be filled with messages from thee, filled with messages from thee.

4 Take my silver and my gold; not a mite would I withhold. Take my intellect and use every power as thou shalt choose, every power as thou shalt choose. 5 Take my will and make it thine; it shall be no longer mine. Take my heart it is thine own; it shall be thy royal throne, it shall be thy royal throne. 6 Take my love; my Lord, I pour at thy feet its treasure store. Take myself, and I will be ever, only, all for thee, ever, only, all for thee.

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