





VIDEO 1

1:03/2:56

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2. Purpose Driven instead of Personality Driven

BBTC PURPOSE

To glorify God the Father
With the Lord Jesus Christ as our
Head
The Holy Spirit as our Help
And the Great Commission at our
Heart

BBTC VISION

To be an Intentional
Disciple-Making Church
of Effective Priests and
Kings

BBTC MISSION

To Share Christ as we
Mature in Him

1. Strong Spiritual Leadership

A. Leaders must be spiritual.

- Conscious of living the Christ-life vs Carnality & Worldliness
(1 Corinthians 3:1-5)
- Living out of the Spirit of Sonship vs an Orphan Spirit (Romans 8:14)
- Serving from the overflow of their walk with God (Acts 3:6)

A person is shown from behind, standing in a field of tall grass. Their arms are raised high towards a bright, golden sunset sky filled with clouds. The sun is low on the horizon, casting a warm glow over the entire scene. In the background, there are rolling hills or mountains. The overall mood is one of awe, hope, and spiritual connection.

**Everything rises and falls on
our relationship with God.**

A silhouette of a person stands in a field, arms raised in a gesture of praise or surrender, facing a bright sunset. The sun is low on the horizon, casting a golden glow over the scene. The sky is filled with dramatic, dark clouds, and the landscape consists of rolling hills and a field of tall grass.

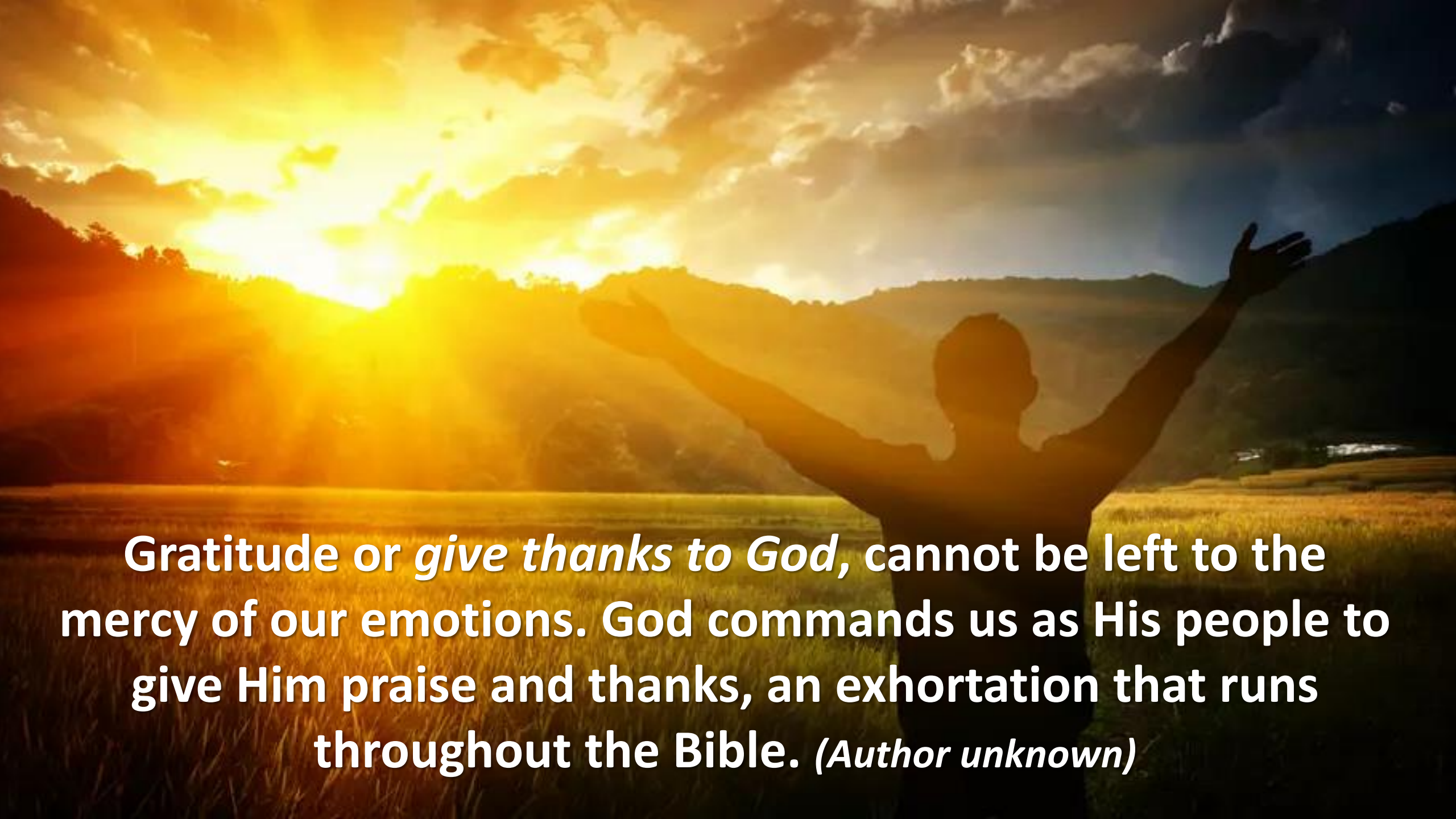
**We need to return to basic discipleship
– building godly habits.**

A person is shown from behind, standing in a field of tall grass. Their arms are raised high towards a bright, low sun that is partially obscured by clouds. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. In the background, there are rolling hills or mountains. The overall mood is one of awe, hope, or spiritual connection.

**What is an important spiritual
discipline we tend to overlook?**

A person is shown from behind, standing in a field of tall grass. Their arms are raised high in the air, palms facing forward. The background features rolling hills and a bright, low sun that creates a strong golden glow and lens flare across the sky and landscape. The sky is filled with soft, white clouds. The overall mood is one of awe, gratitude, and connection with nature.

**What is an important spiritual
discipline we tend to overlook?
GIVE THANKS**

A person is shown from behind, standing in a field of tall grass. Their arms are raised high in the air, palms facing forward. The person is silhouetted against a bright, golden sunset. The sun is low on the horizon, partially obscured by clouds, creating a strong lens flare effect. In the background, there are rolling hills or mountains under a sky filled with dramatic, dark clouds. The overall mood is one of awe, praise, and gratitude.

Gratitude or *give thanks to God*, cannot be left to the mercy of our emotions. God commands us as His people to give Him praise and thanks, an exhortation that runs throughout the Bible. *(Author unknown)*

92 It is good to give thanks to the LORD

And to sing praises to Your name, O Most High;

² To declare Your lovingkindness in the morning

And Your faithfulness by night,

³ With the ten-stringed lute and with the harp,

With resounding music upon the lyre.

⁴ For You, O LORD, have made me glad by what You have done,

I will sing for joy at the works of Your hands.

⁵ How great are Your works, O LORD!
Your thoughts are very deep.

⁶ A senseless man has no knowledge,
Nor does a stupid man understand this:

⁷ That when the wicked sprouted up like grass
And all who did iniquity flourished,
It *was only* that they might be destroyed forevermore.

⁸ But You, O LORD, are on high forever.

⁹ For, behold, Your enemies, O LORD,
For, behold, Your enemies will perish;
All who do iniquity will be scattered.

¹⁰ But You have exalted my horn like *that of* the wild ox;
I have been anointed with fresh oil.

¹¹ And my eye has looked *exultantly* upon my foes,
My ears hear of the evildoers who rise up against me.

¹² The righteous man will flourish like the palm tree,
He will grow like a cedar in Lebanon.

¹³ Planted in the house of the LORD,
They will flourish in the courts of our God.

¹⁴ They will still yield fruit in old age;
They shall be full of sap and very green,

¹⁵ To declare that the LORD is upright;
He is my rock, and there is no unrighteousness in Him.

92 It is good to *give thanks* to the LORD

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And Your faithfulness by **night**,

³ With the ten-stringed **lute** and with the **harp**,

With resounding music upon the **lyre**.

= What about “giving thanks”?

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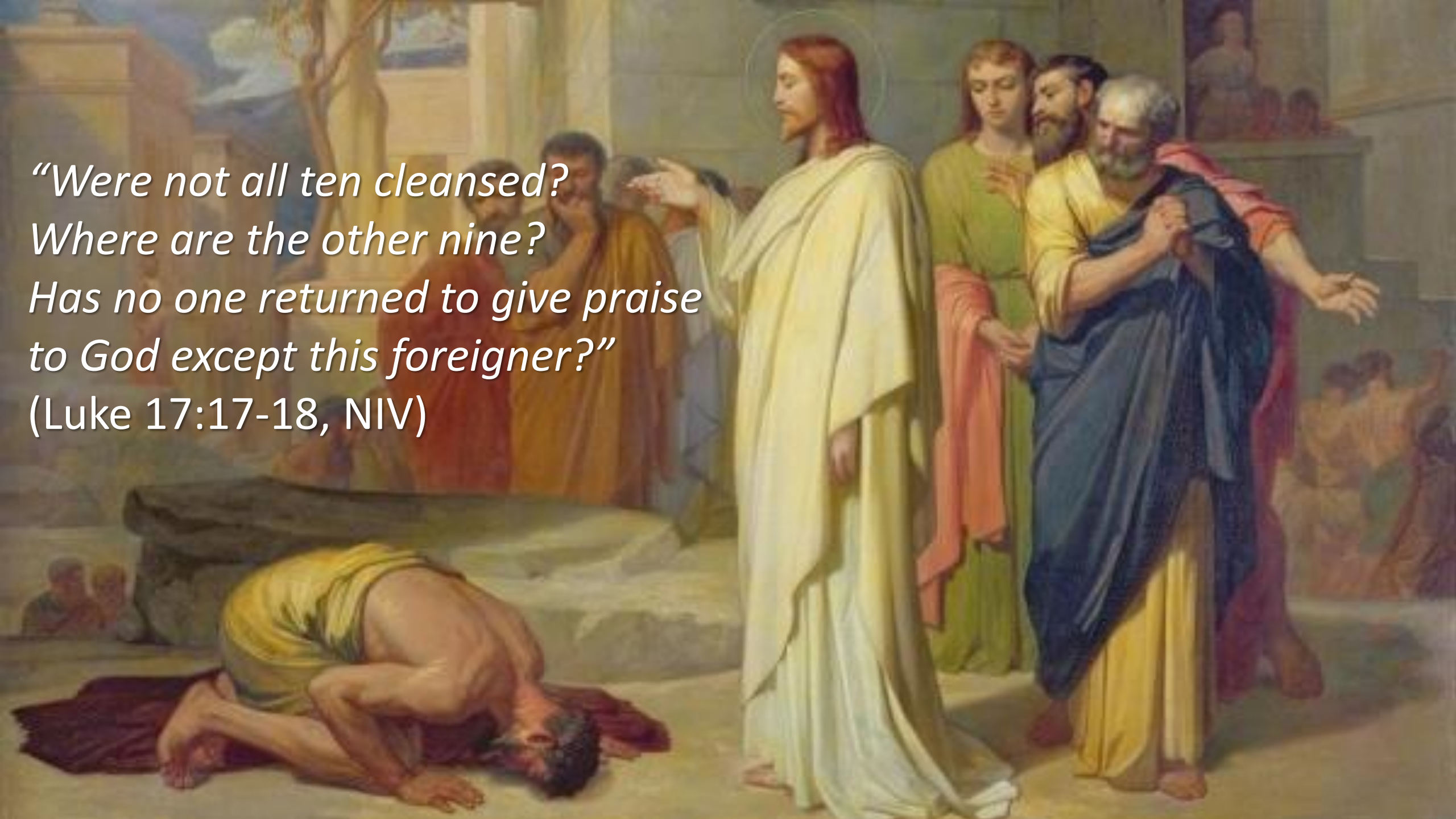
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*“Were not all ten cleansed?
Where are the other nine?
Has no one returned to give praise
to God except this foreigner?”
(Luke 17:17-18, NIV)*



Rom 1:18 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness, ¹⁹ because that which is known about God is evident within them; for God made it evident to them. ²⁰ For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse. ²¹ For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened.

What to give thanks?

- **For His deeds v4**
- **For His thoughts v5-6**
- **For His dealing with enemies v7-9**
- **For His blessings and deliverance v10-15**

What to give thanks?

- For His deeds

4 For You, O Lord, have made me glad by what You have done,
I will sing for joy at the works of Your hands.



NO TEMPLE

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- **For His thoughts v5-6**
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What to give thanks?

- For His thoughts

5 How great are Your works, O Lord!
Your thoughts are very deep.

6 A senseless man has no knowledge,
Nor does a stupid man understand this:

- For His thoughts

Jer 29: 11 For I know the plans that I have for you,' declares the Lord, 'plans for welfare and not for calamity to give you a future and a hope.

Ps 139:17 How precious also are Your thoughts to me, O God!

How vast is the sum of them!

Ps 40:5 Many, O Lord my God, are the **wonders** which You have done,

And Your thoughts toward us;

There is none to compare with You.

If I would declare and speak of them,

They would be too numerous to count.

What to give thanks?

- **For His deeds v4**
- **For His thoughts v5-6**
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What to give thanks?

- For His dealing with enemies

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ASIA'S FIRST LEGAL GAY MARRIAGES

| | Subject | Object | Pronoun | Pronunciation |
|----------------|-------------------|--------|---------|---------------------|
| Gender Binary | she | her | hers | as it looks |
| | he | him | his | as it looks |
| Gender Neutral | they* | them* | their* | as it looks |
| | ze | hir | hirs | zhee, here, heres |
| | ze | zir | zirs | zhee, zhere, zheres |
| | xe | xem | xyr | zhee, zhem, zhere |
| | *used as singular | | | |

What is a Woman?

ERODING MORAL VALUES
IN SOCIETY

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He is my rock, and there is no unrighteousness in Him.

Be More Positive ... Fight the Human Tendency to Focus on the Negative

Brenda R. Smyth, Supervisor of Content Creation

Dec 30, 2022



The human brain has a natural tendency to give weight to (and remember) negative experiences or interactions more than positive ones—they stand out more. Psychologists refer to this as negativity bias. “Our brains are wired to scout for the bad stuff” and fixate on the threat, says psychologist and author Rick Hanson.



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✕

VIDEO 2

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PSORIASIS 银屑病 (牛皮癣)

- Psoriasis is **COMMON**.
- Psoriasis is **NOT CONTAGIOUS**.
- Psoriasis **CAN BE TREATED**.

- 银屑病是一种**常见**的皮肤症。
- 银屑病属于**非传染性**的皮肤症。
- 银屑病是**可以医治**的。



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National Healthcare Group
Advancing the frontiers of healthcare

CHAMPIONS OF CARE
Healthcare Humanity Award winners on what drives them

DEMENTIA DEMYSTIFIED
Separating myth from fact about this condition

IT'S ON SKIN DEEP
Why psoriasis won't stop Colin Binns, Chua Seng Lee and Nurrul Namira from living life to the fullest



50 health

TODAY • WEDNESDAY 30 JANUARY 2013



Psoriasis is not contagious, but its visible symptoms such as flaking, scaly, itchy skin can take a physical and psychological toll on patients. PHOTO: KUNGS

MEDICAL SUPPORT

Nurse co-play

**Interviewed by NHG Lifewise Magazine:
To encourage people with Psoriasis**

ONE — Having lived with psoriasis as a persistent, lifelong inflammatory skin condition — for the past 17 years, 46-year-old Chua Seng Lee has since come to terms with the “interesting stares” he gets when strangers catch a glimpse of the pink, scaly skin on his legs, elbows, hands and scalp.

What Mr Chua still has not quite got used to after all these years is the strict treatment regimen that he has to follow.

Every night, the programme director spends an hour applying topical

... about an hour every day. There is also the time and cost factor of travelling to and from the hospital for treatment. It can be really very depressing because I know I could have spent that time on something else,” said Mr Chua, who has two children aged 13 and 17.

He added that without his family's support, he would not have been able to trudge through the difficult years.

To help patients cope with their condition and strict treatment routines, a dedicated team of nurses from seven hospitals here attended a training session last Saturday to enhance their counselling skills.

The first to be launched in the region, the initiative was developed by research-based pharmaceutical company Leo Pharma Asia and PsorAsia (Federation of Psoriasis Association in Asia-Pacific).

PSORIASIS COACHES ALL-ROUND EDUCATION TRAINING & WORKSHOP

- PSORIASIS: PATIENT'S PERSPECTIVE
- PSORIASIS: DISEASE OVERVIEW
- TREATMENT OPTIONS
- COUNSELLING SKILLS
- WORKSHOP

a post event report

Venue: Pavilion Room
Level 11
Jalan



Spoke at Training Workshop for Nurses:
To help them understand patients better

Jan 2013



Featured at various magazines

Psoriasis improves patient and healthcare professional communication

PsorCARE (Psoriasis Coaches All-Round Education) is a program that is uniquely designed to equip dermatology nurses with the right counselling skills to support patients in their journey with psoriasis. This program is the result of collaboration between PsorAsia and LEO Pharma with the key objective of strengthening the communication between healthcare professionals and patients, thereby enhancing treatment adherence – a key factor for improved patient outcomes.

The first PsorCARE was conducted in Singapore in collaboration with the Dermatology Nurse Chapter of Singapore and the Psoriasis Association of Singapore. It was held in Tan Tock Seng Hospital on 26 Jan 2013. A total of 24 Dermatology nurses attended the workshop.

The panel of trainers came from a multi-disciplined background. During the workshop, Josefino de Guzman, President of PsorAsia and a Singapore patient, Chua Seng Lee, shared some of the challenges they faced and how the nurses had helped

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**What is an important spiritual
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GIVE THANKS**





Lyrics

Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son
Give thanks with a grateful heart
Give thanks to the Holy One
Give thanks because He's given Jesus Christ, His Son
And now let the weak say, "I am strong"
Let the poor say, "I am rich
Because of what the Lord has done for us"
And now let the weak say, "I am strong"
Let the poor say, "I am rich
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Give thanks with a grateful heart (with a grateful heart)
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Let the poor say, "I am rich (I am rich)
Because of what the Lord has done for us"
Give thanks
We give thanks to You