

H A P P Y

Mother's
Day





BETHESDA
BEDOK-TAMPINES CHURCH

SPIRITUAL MOTHERS





**LEARNING
FROM THE
MOTHERS...**





1. **Cut off what destroys you**
2. **Care for those in need**
3. **Cherish what you have**

**LEARNING
FROM THE MOTHERS**

A person is shown from the side, sitting with their hands clasped in a prayerful gesture. They are wearing a dark blue long-sleeved shirt and a dark skirt. The background is a bright, warm, out-of-focus scene, likely a sunset or sunrise over a body of water, with a railing visible in the distance. The overall mood is peaceful and contemplative.

PRAY

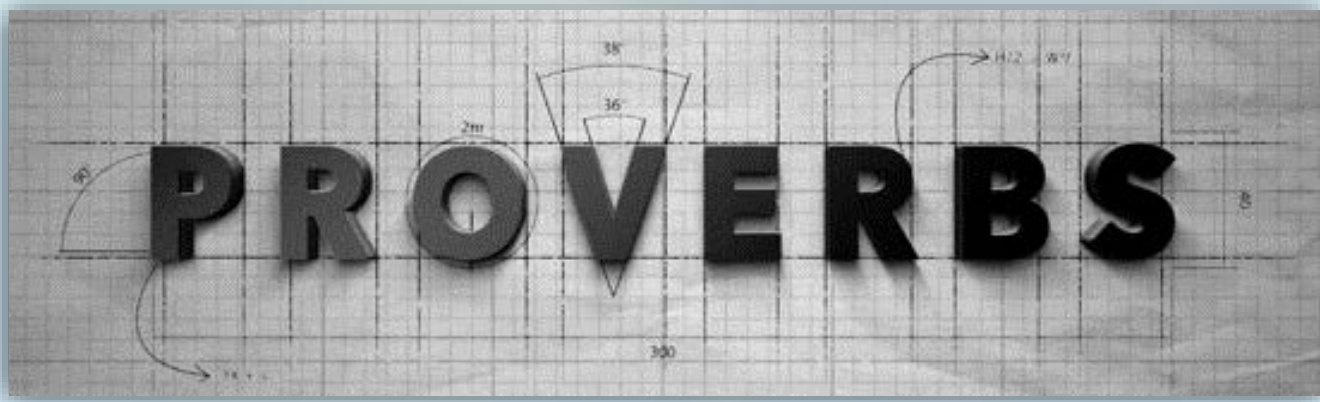
Proverbs

Prologue: Purpose and Theme
Proverbs of Solomon son of David,
of Israel:

wisdom and discipline;
sound words of insight;
disciplined and prudent

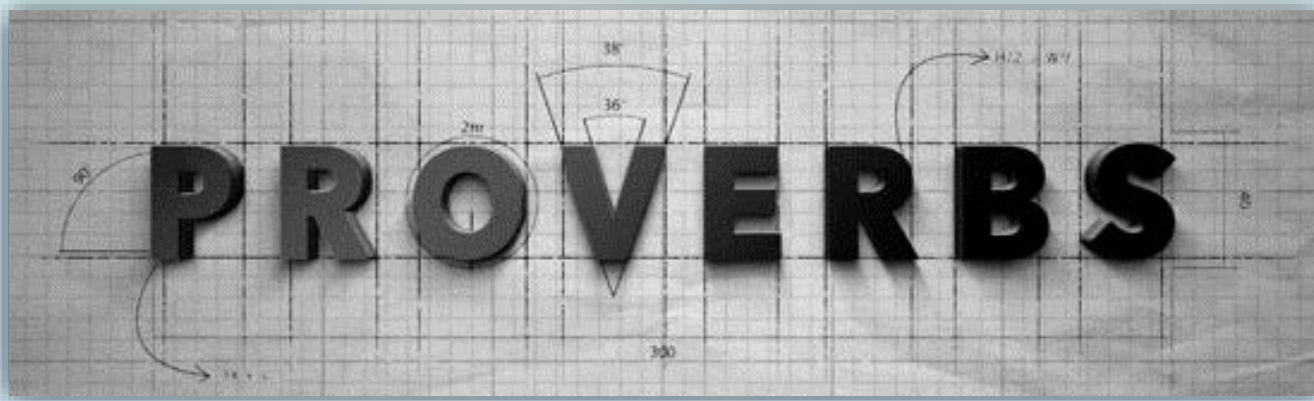
and just and fair;
the simple,
on to the

- 16 for their feet rush into sin,
they are swift to shed blood.
- 17 How useless to spread a net
in full view of all the birds!
- 18 These men lie in wait
they waylay the innocent.
- 19 Such is the



WISDOM
LITERATURE

Wisdom



Proverbs 1–9



Proverbs 10–24



Proverbs 25–31

PROVERBS

31



Three ancient clay pots are displayed on a stone shelf against a stone wall. The pot on the left is a large, rounded amphora with two handles. The middle pot is smaller and has a single handle. The pot on the right is the largest, with a rounded body and a small spout on the right side. All three pots are made of reddish-brown clay and show signs of age and wear.

Proverbs 31:1–7

¹ The sayings of King Lemuel—an inspired utterance his mother taught him.

² Listen, my son! Listen, son of my womb! Listen, my son, the answer to my prayers!

³ Do not spend your strength on women, your vigor on those who ruin kings.

⁴ It is not for kings, Lemuel — it is not for kings to drink wine, not for rulers to crave beer,

⁵ lest they drink and forget what has been decreed, and deprive all the oppressed of their rights.

⁶ Let beer be for those who are perishing, wine for those who are in anguish!

⁷ Let them drink and forget their poverty and remember their misery no more.



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1. CUT OFF WHAT DESTROYS YOU



But among you there **must not be even a hint** of sexual immorality, or of any kind of impurity, or of greed, because these are **improper for God's holy people.**

Ephesians 5:3



Proverbs 31:1–7

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Lust



ANGER



GLUTTONY



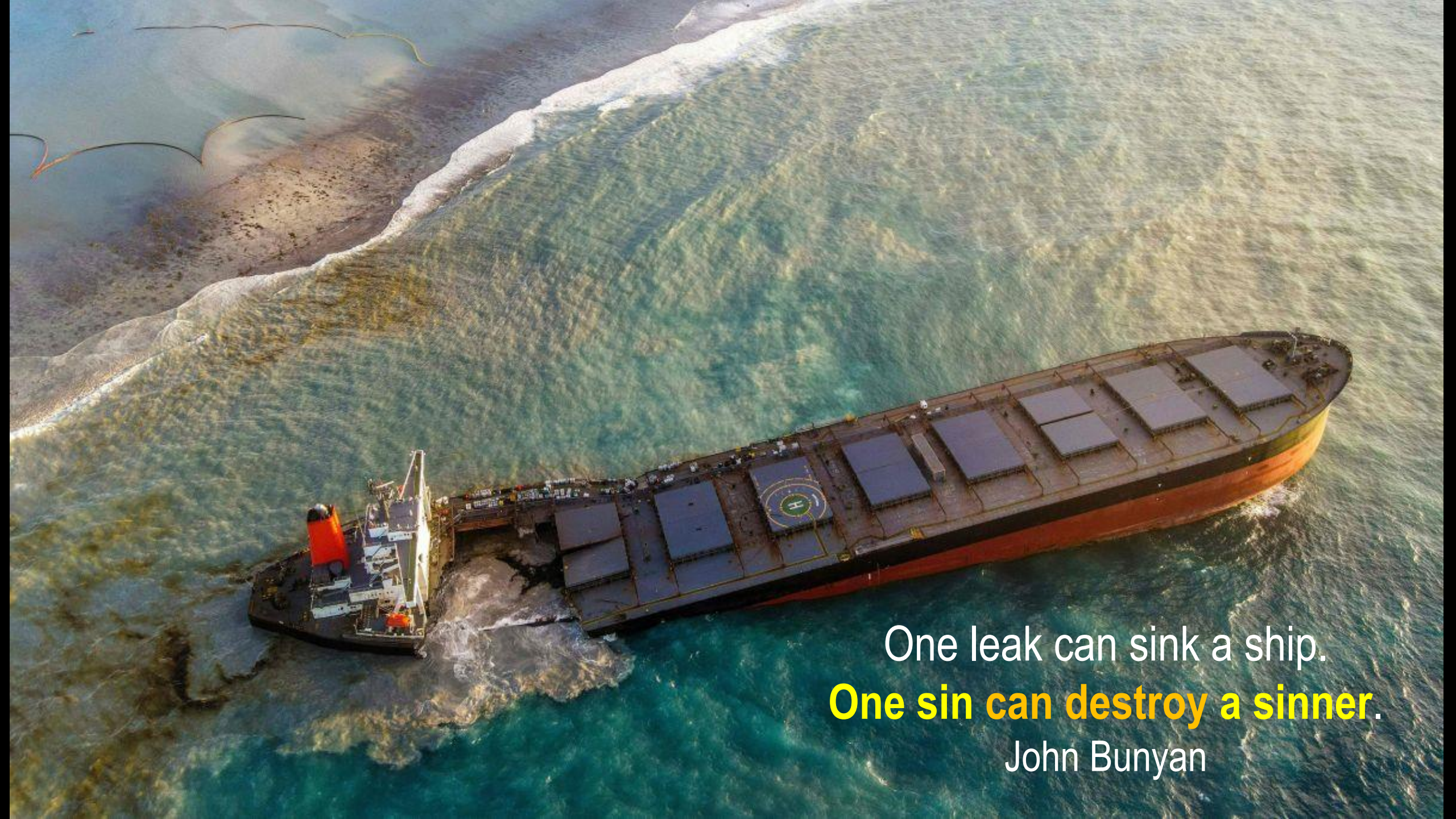
DRUNKENNESS

ENVY

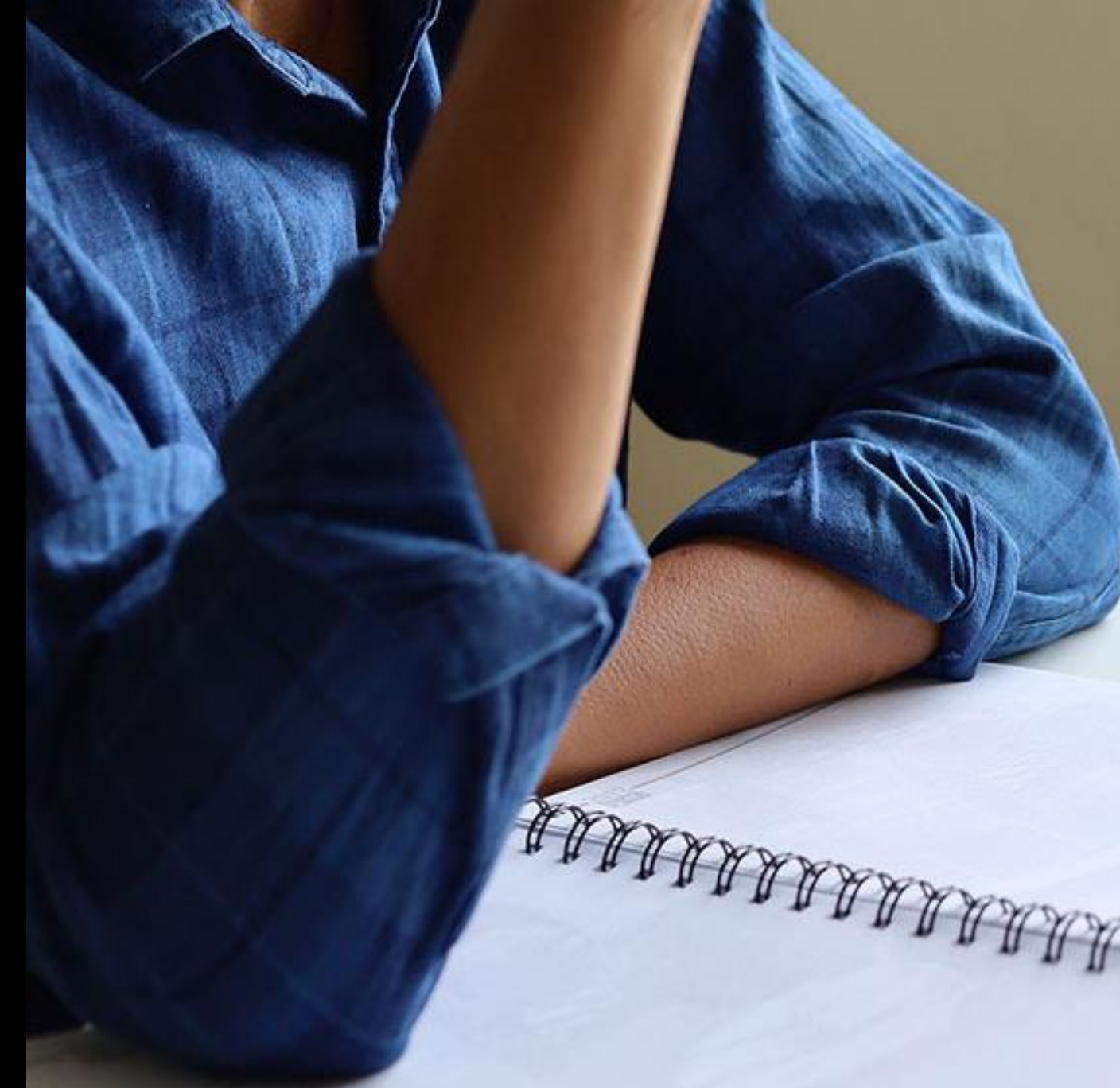


LIES





One leak can sink a ship.
One sin can destroy a sinner.
John Bunyan



WHAT?	HOW?

WHY?



What is it that will
destroy your life?

What **can you do**
about it?



2. CARE FOR THOSE IN NEED



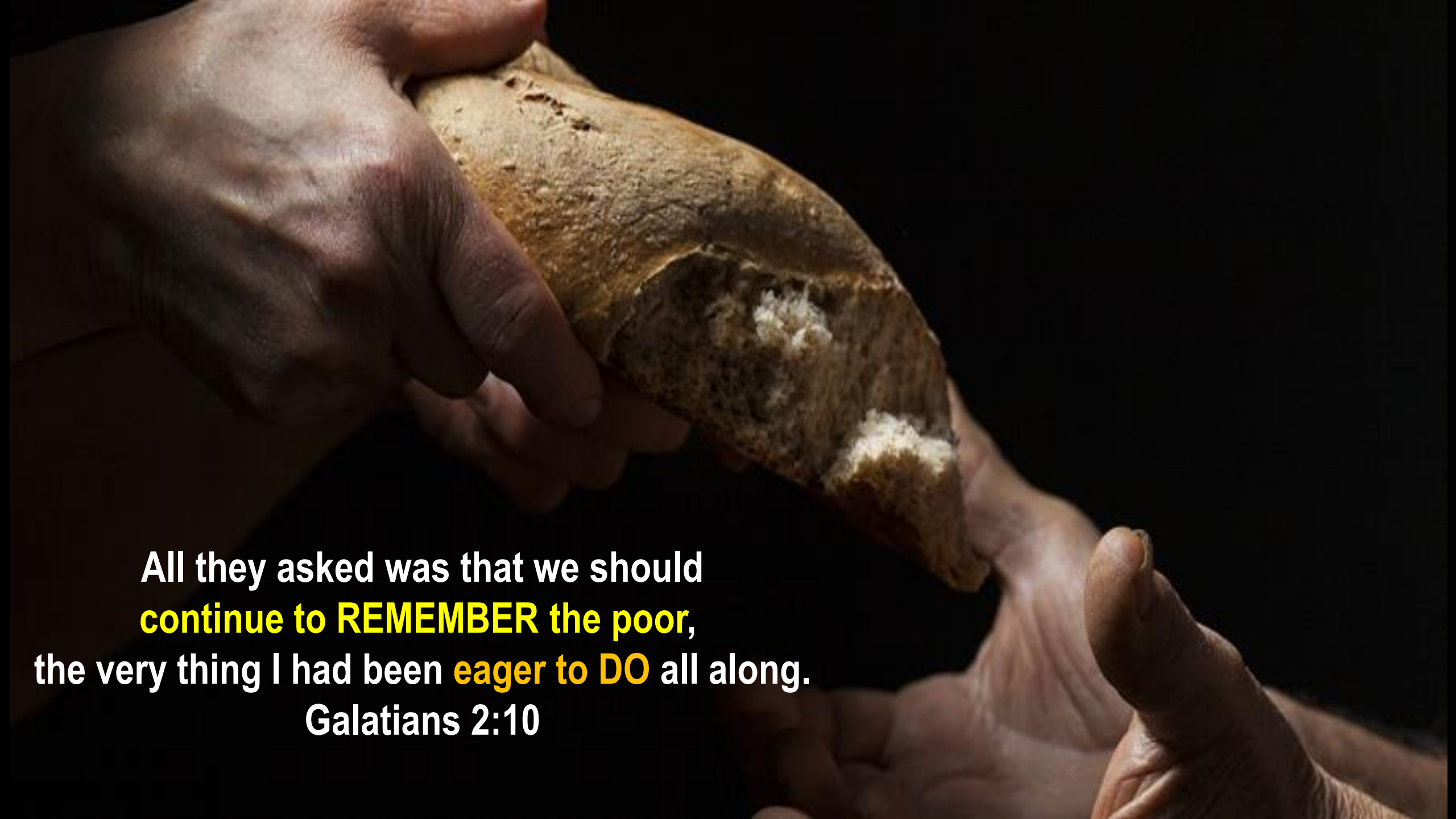
Proverbs 31:4–9

- ⁴ It is not for kings, Lemuel — it is not for kings to drink wine, not for rulers to crave beer,
⁵ lest they drink and forget what has been decreed, and deprive all the oppressed of their rights.
⁶ Let beer be for those who are perishing, wine for those who are in anguish!
⁷ Let them drink and forget their poverty and remember their misery no more.
⁸ Speak up for those who cannot speak for themselves, for the rights of all who are destitute.
⁹ Speak up and judge fairly; defend the rights of the poor and needy.



Proverbs 31:4–9

- ⁴ It is not for kings, Lemuel — it is not for kings to drink wine, not for rulers to crave beer,
⁵ lest they drink and forget what has been decreed, and **deprive all the oppressed of their rights**.
⁶ Let beer be for those who are perishing, wine for those who are in anguish!
⁷ Let them **drink and forget their poverty** and **remember their misery no more**.
⁸ **Speak up** for those who **cannot speak for themselves**, for the **rights of all** who are **destitute**.
⁹ **Speak up** and **judge fairly**; **defend** the **rights of the poor and needy**.



All they asked was that we should
continue to REMEMBER the poor,
the very thing I had been **eager to DO** all along.

Galatians 2:10



Meals on Wheels

Medical Escort

Elderly Befriender



FAMILY SERVICES



ELDERLY SERVICES



STUDENT CARE CENTRE



EXCITE @ COLLEGE EAST

Youth Befriender

Email michellelow@bethesdacare.sg to find out more!

Tutor

Pre-school Reading

Mentor

Photographer

Loving and blessing our Community with vegetables





paulchua2003@yahoo.com.sg



Who is **one person**
whom you can
care for this week?

Did you manage to
help someone today?

LEARNING FROM THE MOTHERS

1. **Cut off** what **destroys you**
2. **Care** for those **in need**





3. CHERISH WHAT YOU HAVE

A woman wearing a grey headscarf and a purple and gold robe is kneeling in a river, washing a large brown pot. She is holding a wooden pestle and mortar. In the background, there are several large brown pots on a wooden structure, and a small tree with a few leaves. The scene is set in a dry, sandy environment.

Proverbs 31:10–31

¹⁰ A wife of noble character who can find? She is worth far more than rubies.

¹¹ Her husband has full confidence in her and lacks nothing of value.

¹² She brings him good, not harm, all the days of her life.

¹³ She selects wool and flax and works with eager hands.

¹⁴ She is like the merchant ships, bringing her food from afar.

¹⁵ She gets up while it is still night; she provides food for her family and portions for her female servants.

¹⁶ She considers a field and buys it; out of her earnings she plants a vineyard.

¹⁷ She sets about her work vigorously; her arms are strong for her tasks.

¹⁸ She sees that her trading is profitable, and her lamp does not go out at night.

¹⁹ In her hand she holds the distaff and grasps the spindle with her fingers.

²⁰ She opens her arms to the poor and extends her hands to the needy.

A woman wearing a purple tunic and a grey headscarf is kneeling on a wooden raft in a river. She is washing a large, round, brown pot. The raft is loaded with several other pots and supplies. The background shows a sandy riverbank with sparse green vegetation and a small, gnarled tree on the right.

Proverbs 31:10–31

- ²¹ When it snows, she has no fear for her household; for all of them are clothed in scarlet.
- ²² She makes coverings for her bed; she is clothed in fine linen and purple.
- ²³ Her husband is respected at the city gate, where he takes his seat among the elders of the land.
- ²⁴ She makes linen garments and sells them, and supplies the merchants with sashes.
- ²⁵ She is clothed with strength and dignity; she can laugh at the days to come.
- ²⁶ She speaks with wisdom, and faithful instruction is on her tongue.
- ²⁷ She watches over the affairs of her household and does not eat the bread of idleness.
- ²⁸ Her children arise and call her blessed; her husband also, and he praises her:
- ²⁹ “Many women do noble things, but you surpass them all.”
- ³⁰ Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.
- ³¹ Honor her for all that her hands have done, and let her works bring her praise at the city gate.



Proverbs 31:10–31

אֵלֶּיךָ יְהוָה וְלֹא-יִשְׁכַּח
נְסִיחָתְךָ וְרַחֲמֶיךָ



Proverbs 31:10–31

¹⁰ A wife of **noble** character who can find? She is **worth far more than rubies**.

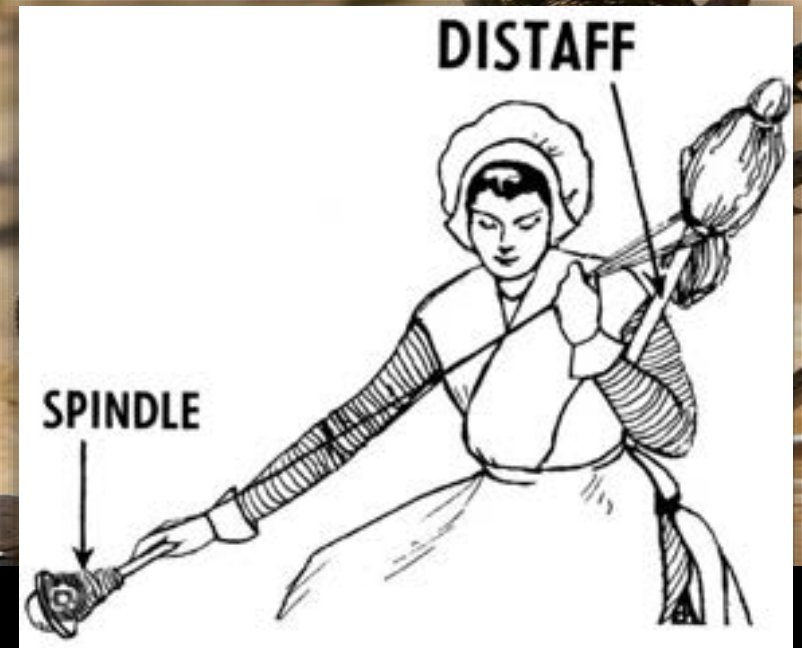
¹¹ Her **husband has full confidence in her** and **lacks nothing of value**.

¹² She **brings him good, not harm, all the days of her life**.



WHAT KIND OF WOMAN IS SHE?

Proverbs 31:10–31



- ¹³ She **selects** wool and flax and **works with eager hands**.
- ¹⁴ She is like the merchant ships, **bringing her food from afar**.
- ¹⁵ She gets up while it is still night; she provides food **for her family** and portions **for her servants**.
- ¹⁶ She considers a field and **buys** it; out of her earnings she **plants** a vineyard.
- ¹⁷ She sets about her **work vigorously**; her arms are strong for her tasks.
- ¹⁸ She sees that her trading is profitable, and her **lamp does not go out at night**.
- ¹⁹ In her hand she **holds the distaff** and grasps the **spindle** with her fingers.
- ²⁰ She **opens her arms to the poor** and extends her hands to the **needy**.

WHAT KIND OF WORK DOES SHE DO?



Proverbs 31:10–31

²¹ When it snows, she has no fear for **her household**; for all of them

²² She makes **coverings for her bed**; she is clothed in fine linen and

²³ **Her husband is respected** at the city gate, where he takes his seat

²⁴ She makes linen garments and sells them, and supplies the merchants

²⁵ She is clothed with strength and dignity; she can **laugh at the day of wrath**

²⁶ She speaks with **wisdom**, and **faithful** instruction is on her tongue

²⁷ She **watches over the affairs of her household** and does not eat the bread of idleness

²⁸ **Her children arise** and **call her blessed**; her **husband also**, and he **praises her**:

²⁹ “**Many women** do noble things, but you **surpass them all**.”



WHAT DOES SHE FOCUS ON?



Proverbs 31:10–31

Verse 10 – **noble** (hayil)

Verse 11 – **her husband** (balah)

Verse 19 – **Her hand she holds** (yadeha shilehah)

Verse 19 – **Her fingers** (kapah) **grasps**

Verse 20 – **Her arms** (kapah) **opens**

Verse 20 – **Her hand she extends** (yadeha shilehah)

Verse 28 – **her husband** (balah)

Verse 29 – **noble** (hayil)

³⁰ Charm is deceptive, and beauty is fleeting; but **a woman who fears the LORD** is to be praised.

³¹ **Honor her** for all that **her hands** have done, and let her works **bring her praise** at the city gate.



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MOTHER'S DAY

Who is it that you
need to cherish?





LEARNING FROM THE MOTHERS...

- 1. Cut off what destroys you**
- 2. Care for those in need**
- 3. Cherish what you have**

A close-up, warm-toned photograph of several people's hands clasped together in prayer. The hands are arranged in a circle, with some in sharp focus and others blurred in the background. The lighting is soft and golden, creating a peaceful atmosphere. The text "Let's Pray" is centered over the image in a bold, black, sans-serif font.

**Let's
Pray**



Dear Lord Jesus,

I know that I have sinned against You.

I am so sorry for the things I have done wrong. Please forgive me.

I believe You died for my sins and rose from the dead.

I now turn from my sins and invite You to come into my life to be my Lord and Saviour.

In Jesus Name, amen.