

**Holy, holy, holy,**  
Lord God Almighty,  
which was, and is,  
and is to come."

Revelations 4:8b

"The Bible doesn't say God is "love, love, love," or "grace, grace, grace." The Bible says He is "holy, holy, holy." — R.C. Sproul

In the Bible, only God's holiness is repeated three times. In Revelations, His holiness causes everyone in heaven, on earth and under the earth to bow and worship when they come before Him! This new year, let's remember that we serve a holy God. Our lives must be pleasing to Him.

*Mrs Edelweiss Ling*

*Hear Me When I Call*

## I Forgive You

When Jesus made this prayer, He was already crucified on the cross. The chief priests, scribes and multitude who hated Him preferred to set the murderer, Barabbas, free. Jesus willingly forgave them. He prayed to God the Father to forgive them for their ignorance. This may be a difficult thing for many of us to do... Once I was wrongly accused of cheating. I was punished by my teacher in front of the whole class. It was terribly difficult for me to forgive her.

We can pray thus:

Dear Lord, please help me to forgive my teacher who punished me wrongly. Help me to love her like how you loved me. In Jesus Name, Amen!

Then  
said  
Jesus,  
**Father, forgive them:**  
for they know not what they do.

And they  
parted  
His  
raiment,  
and  
cast  
lots.

Luke 23:34



*by Mrs Selina Cheong*

## Children @ VBS

I rejoice at thy word,  
as one that findeth  
great spoil.

Psalms 119:162

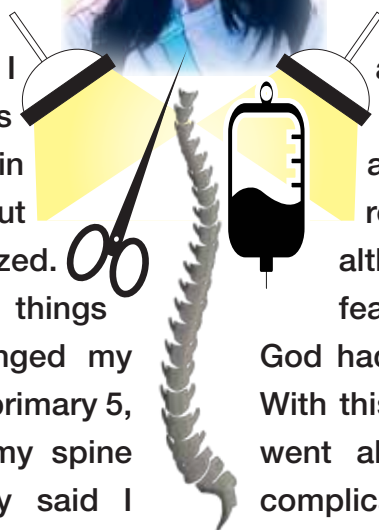


## Children @Family Camp



sis Gabrielle Ee's testimony

I grew up following my parents to church. Although I heard many sermons, I didn't have a deep understanding of what Christ should mean to me. I accepted Jesus as my Saviour in secondary school but hesitated to be baptized. However, two things happened that changed my mind. While I was in primary 5, the doctors found my spine had problems. They said I needed surgery, but my parents disagreed. I was also scared so we tried other methods, but they didn't help. I lost confidence in God. In secondary school I did badly for



English and was supposed to go to ITE. My teacher encouraged me to apply for Polytechnic and thank God I got admitted. I learnt to trust God again. So when I had another spine test and surgery was recommended again, although I was still fearful, I trusted that God had good plans for me. With this peace in my heart I went ahead. Despite some complications, the surgery went well.

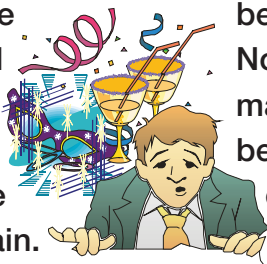
I thank God for His protection and faithfulness in my life. He will grant us peace and protection as long as we trust and obey Him.

Proverbs 3:5,6

**Trust in the LORD with all thine heart;  
and lean not unto thine own understanding.  
in all thy ways acknowledge him, and he shall direct thy paths.**

## Useful Sadness

Most people fear sadness because it hurts. It can feel like a sharp, crushing pain or a low, throbbing ache that drains our energy. We then distract ourselves with entertainment, food, or pleasurable addictions to avoid sadness. Some people even self-harm to cope with emotional pain.



How should a Christian view sadness and deal with this emotion?

In 2 Corinthians 7:10, sadness is seen as something useful when it is godly sorrow. The pain of regret over sin committed is something precious in God's sight, because it produces the

fruit of righteousness. We can change only after we feel sorry for sinning.

Ecclesiastes 7:2-4 teaches us that it is better to be in the house of mourning than to be feasting and laughing without a care. This sounds strange. Are we to be miserable and depressed? No! This verse reminds us to make good choices, and not be caught up by the pleasures of the world. Those who only look for worldly pleasure without caring about their eternal destiny will eventually find themselves condemned into hell. Thus, sadness is a useful emotion which reminds us that God and heaven is our ultimate goal.

*by Mrs Mary Hui*

**For godly sorrow worketh repentance to salvation  
not to be repented of:  
but the sorrow of the world  
worketh death.**

2 Corinthians 7:10

# History Of The Church

## Christian Middle Ages II

AD

537 – 752 >>>>

The Byzantine emperor decided who would become bishop.

716 - 800 >>>>

732 >>>>>>>>>>



Charles Martel, ruler of Francia defeated the Muslims at the Battle of Tours

751 >>>>>>>>>>



Martel's son, Pepin, was recognized by the Pope in Rome, as king of the Franks and protector of the Church

756 >>>>>>>>>>



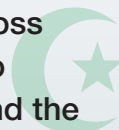
Pepin defeated the Lombards and gave their territory to the Church.

Subsequently, the papacy in Rome

- ✦ depended less on the Byzantine empire for protection, accelerating the separation of the Latin (Roman) from the Greek (Byzantine) Church
- ✦ grew rich because of the Papal States;
- ✦ decided it had the power to approve who became king.




The Roman church was threatened by the advance of Islam across Spain into France and the Lombards from the North. When the Eastern empire was unable to come to its aid, the Pope sought help from the Frankish court.





# EAST-WEST SCHISM of 1054

 WESTERN ROMAN CATHOLIC CHURCH

 EASTERN ORTHODOX CHURCH



768



**Charles the Great or Charlemagne, succeeded his father, Pepin. He**

- ✦ launched a thirty-year military campaign, bringing most of Europe under his rule.
- ✦ initiated the “Carolingian Renaissance”, resulting in a flowering of scholarship, literature, art and architecture.
- ✦ extended his authority over the church, seeking to raise the moral quality of the clergy, define the basic principles of the faith and root out paganism.
- ✦ increased central control, reformed the justice system and improved trade and commerce.



800



**Charlemagne was crowned “emperor of the Romans,” leader of Western Christendom and monarch of the Holy Roman Empire, in an attempt to represent the unbroken line of emperors from Augustus. This Empire would last until 1806 when Napoleon abolished it.**



Anyone born within the empire was considered a member of the church, whether or not they believed. The emperor and pope often tussled over whether the church or the state had authority over the other.

## Spotlight: THE EAST-WEST SCHISM

**324 AD:** (the beginning)

Emperor Constantine makes Byzantium the capital of the Roman Empire, renames it Constantinople.

**395 AD:**

Roman Empire officially splits into the Greek-speaking Eastern Roman Empire, governed from Constantinople, and the Latin-speaking Western Roman Empire, governed from Rome. Communication between the halves decreases as fewer can speak both languages.

**476 AD:**

Western Roman Empire ends – the Pope becomes source of authority and continuity.

**730 AD:**

Emperor Leo III declares the worship of religious images to be heretical. When condemned by Pope Gregory III, Leo confiscates church property and places them under the control of Constantinople. Tension between east and west eventually results in the Byzantine emperor not being able to nominate or confirm the pope.

**325 AD** onwards:

Church becomes organized into regions representing different people and cultures, each governed by a bishop (patriarch), and having different forms of worship reflecting the local cultures, music and art. Of the 5 patriarchates – Rome, Constantinople, Alexandria, Antioch and Jerusalem, in 5th century, the patriarch of Rome (also called the Pope) is regarded with more honour because Rome was where Peter and Paul



had died.

Bishops and their representatives meet to decide (regarding faith, teaching, order, worship, discipline)

for the church but there is often disagreement, aggravated by cultural and language differences.



**800 AD:**

The Pope crowns Charlemagne emperor of the Holy Roman Empire – The authority of the Byzantine Empire is weakened.

**1054 AD:**

The Patriarch of Constantinople shuts down Roman Catholic churches in Constantinople which insist on using Roman Catholic practices. The Pope and Patriarch excommunicate each other.



Church is split into the Western Roman Catholic Church and the Eastern Orthodox Church.



**What does 1 Corinthians 12 say about the unity of the body?**



# *Faith of our Fathers*

## William Tyndale

was an English scholar born in 1494, best known for translating the Bible directly from the Hebrew and Greek texts, into English. The King James Bible we read today drew significantly from Tyndale's translation. The Church of England opposed his work and sought to capture him. They felt that if everyone could read the Bible, interpreting it would become a matter of opinion, not doctrine. However, Tyndale believed that having the Bible in the common language would be able to solve misunderstandings about Scripture, not cause them. He also wanted to spread the message of justification by faith. He criticised the church leaders for abusing their power by condemning Christians to the stake simply because they



possessed the Lord's Prayer in English. The advent of the printing press ensured the continued spread of the Word of God. Tyndale was eventually betrayed by a friend, captured by the authorities, and burnt at the stake on 6 October 1536. William Tyndale was willing to give his life for the Lord despite opposition, because he knew that the Word of God, the souls of men, and the glory of God were at stake. We do not face similar persecutions, yet often gripe about the 'inconveniences' that we're privileged to endure for our faith. We need to remember what Jesus said in Matthew 16:25:



**For whosoever will save his  
life shall lose it: and  
whosoever will lose his life  
for my sake shall find it.**

*by Mr Daniel Chen*



# Seeing God in nature around us

## CHEMISTRY

### Fire Up for the Better

Have you ever noticed how, when some foods are cooked, they turn brown, release aromas and develop delicious flavours? This is the result of one of the following processes.

**Caramelization:** when sugar is heated till it turns golden and becomes rich in flavor, eg when cooking sugar or frying onions.

**Dextrinization:** when starches, like those in bread or potatoes, are broken down into sugars when heated.

The foods get a golden-brown, crispy texture, like toasted bread or roasted potatoes.

**Maillard reaction:** when sugars and proteins react under heat, creating deep, complex flavors. It's why grilled meat, cookies, or roasted vegetables develop that

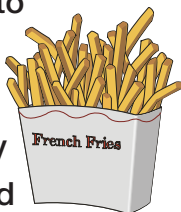
lovely colour, flavour and texture. These changes happen when the food is subjected to high heat. The Bible tells us that going through difficult situations (*like the heat of a trial*) can shape us into stronger, wiser, and more beautiful people in God's eyes (Romans 5:3-4, James 1:2-4).



**And not only so,  
but we glory in  
tribulations also:  
knowing that**

**tribulation worketh patience;  
And patience, experience;  
and experience, hope:**


Romans 5:3,4



So, the next time you enjoy the golden-brown goodness of your favorite foods, remember how God can use the heat of challenges to develop you, and make you more beautiful in His sight!

*by Ms Johannah Soo*

## Choices

I saw God's power in this foreign land of Babylon. The king made a golden image and ordered all the princes and rulers of provinces to bow down and worship it at the dedication ceremony. If they didn't, they would be thrown into a  fiery furnace. My



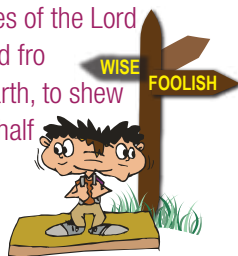
three friends  
had to be  
there too.  
When the  
music  
played,

everyone bowed, but my friends refused. The king was furious and threw them into the burning furnace. Miraculously, they came out unharmed! Did they make the right choice? Check out Daniel 3:1-30 to learn more.



For the eyes of the Lord  
run to and fro  
throughout the whole earth, to shew  
Himself strong in the behalf  
of them whose heart is  
perfect toward Him.

2 Chronicles 16:9a



# I Forgive You

## Decode the secret message

The secret message is written in symbols. The code key at the bottom of the page tells you the letter each symbol stands for.

Write the letter above the symbol and you can read the secret message.



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23:34

### Code Key

