



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

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LET CHRIST LIVE HIS LIFE THROUGH YOU

Our Lord Jesus Christ lives in us by His Holy Spirit: *Ephesians 1:13; "And you also were included in Christ when you heard the word of truth, the gospel of your salvation. Having believed, you were marked in him with a seal, the promised Holy Spirit". For us who believes in Jesus, we have become God's children as declared in John 1:12; "Yet to all who received him, to those who believed in his name, he gave the right to become children of God-".*

And His children are differentiated by a specific distinguishing characteristic; His Holy Spirit, whose main purpose is to tell us about Jesus and Glorify Him; *John 16:13-4, "But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will bring glory to me by taking from what is mine and making it known to you".*

When we do what the Bible tells us, we will experience God's approval and blessings of our actions causing us to bear fruit as declared in the following verses; *John 15:14-16, "You are my friends if you do what I command. I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but I chose you and appointed you to go and bear fruit - fruit that will last. Then the Father will give you whatever you ask in my name".*

When we submit to the guidance of the Holy Spirit, we will bear His fruit, transforming us to exhibit the beautiful likeness of Jesus Christ as promised in *Romans 8:29, "For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers".* What are the godly qualities of Jesus that God wants us to cultivate and show? *"The fruit of the Holy Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness*

(meekness), self-control, (self-discipline); against such things there is no law" (Galatians 5:22 - 23).

THE FRUIT OF LOVE

Love is the greatest commandment as mentioned in *Matthew 22:37-39, "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'" Hence, God places extreme importance on everyone learning how to love Him, love ourselves, love one another, and even to love our enemies and those who will try to hurt us; *Luke 6:35, "But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked".**

To love Jesus with all our **Heart** means to resolve to serve him with all our talents and abilities to the end of bringing others to Jesus. We also love Jesus with all our heart when we are determined to obey Him in anything else He tells us to do concerning any detail of our lives.

Our **Soul** is who we are. Our soul is the result of the decisions we make concerning what our focus in life is to be, the talents we choose to develop, the careers we chose to pursue and how we use our time during the week. To love Jesus with all your soul means to let go of your plans for your life and surrender to Jesus' instructions. He who loves God with all his **Strength** employs all his belongings, his talents, his power, credit, authority, and influence to serve God.

He who loves God with all his **Mind** or **Intellect** uses the bible as the basis to evaluate the righteousness and

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MISSION
STATEMENT

SNCF seeks to bring Jesus Christ to nurses, equipping and helping them find meaning and purpose in their work.

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purity of all knowledge, learning and thinking; identify and reject every useless, foolish, and dangerous thought; *"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ"* (2 Corinthians 10:5). The person who loves God with all his **Mind** also sees God in all things, thinks of him at all times, having his mind continually fixed upon God, acknowledging him in all his ways; *Philippians 4:8, "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things"*.

Loving our neighbour as ourselves requires us first to have due concern for the welfare of our own souls and bodies because our body is the *"temple of the Holy Spirit, who is in you, whom you have received from God"* (1 Corinthians 6:19). This means we keep our bodies healthy and clean, not indulge in vices and lusts. It is with this benchmark of being a noble role model that we are to love or relate to others, not seducing or influencing others to sin. Also Love does no harm to its neighbour (Romans 13:10). As we do not wish others to hurt us, we are also admonished to abandon actions that would deprive others of property, health, reputation, peace, family harmony and unity.

THE FRUIT OF JOY

Joy is a deep inner gladness; a deep gratitude for our salvation, thus joy depends on Jesus who never changes; *"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows"* (James 1:17). Because God never changes, joy need never change either. Joy is not happiness because happiness and pleasure depend on earthly circumstances that change unpredictably. God is in control of all things that happen to us; *"And we know that in all things God works for the good of those who love him, who have been called according to his purpose"* (Romans 8:28). Hence, Joy is not in our situation, it is in our relationship with God. Joy is a choice or an act of our will; it is a decision.

THE FRUIT OF PEACE

In order to experience God's Peace continually in the midst of life's uncertainties requires us to be unwavering at keeping our minds, thoughts and imaginations focused on trusting God; *"You will keep in perfect peace him whose mind is steadfast, because he trusts in you"* (Isaiah 26:3). God promises that we will experience peace when we make the choice not to be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present our requests to Him (Philippians 4:6-7). *Jeremiah 29:11* explains the reason for our confidence; *"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."*

THE FRUIT OF PATIENCE

Patience is needed because we have the tendency motivated by our sinful natures to complain, fret and become discontented. God uses the hardships to discipline us for our good that we may share in His Holiness (Hebrews 12:7&10). Knowing this purpose and the promise of reward will help us respond to hardships with joy and patience (James 1:2-3). For those of us who are trained to be patient, we will produce a harvest of righteousness and peace (Hebrews 12:11). We will become more sensitive to God's leading; have better discernment of good and evil, and more strengthened to resist temptation.

Like the Lord Jesus, we will also suffer for doing what is right (1 Peter 2:20-21). We should not avenge ourselves because God will do it on our behalf – *"For we know him who said, "It is mine to avenge; I will repay," and again, "The Lord will judge his people"* (Hebrews 10:30).

THE FRUIT OF KINDNESS

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:32). We are exhorted to bear this fruit because God Himself was kind to us by forgiving our sins and He did it by sending His Son Jesus to die for us.

We are also admonished to continue in His kindness or face the danger of being cut off from Him or hindered in developing a close relationship with Jesus (Romans 11:22). So let's be more and more like Jesus in Kindness. Jesus's acts of kindness amazed the people and led them to praise God (Matthew 15:30-31). Let your light so shine that others may see your good deeds. As a result they will... What will they do? They will praise your Father in heaven. We are to live in such a way that others are amazed at our lives and in turn they praise God, and desire to seek God.

THE FRUIT OF GOODNESS

In the Bible, the word 'good' denotes excellence; especially moral excellence; complete uprightness; perfect honesty; perfect justice. In its strictest use, it applies only to God Himself. Jesus said; *"No one is good except God alone"* (Mark 10:17 & 18). In this context, 'good' means morally and essentially perfect.

Goodness is based on God's very high standard. If we are to be good in any sense, we need to become vessels of the life and nature of God, then God's goodness is manifested in us and we are able to show unbelievers what God is really like. We need to live in a way that the people of this world cannot comprehend – like a mystery – never compromising with the world – shunning all evil and sin – keeping our speech pure at all times. We need to remember that our Christian lives may be the only 'Bible' that people will ever see, and we need to take care that we do not make them

stumble. We need to yield to God and allow Him to live His life through us. Paul said, *"I have been crucified with Jesus. It is no longer I who lives but the Messiah Who lives in me"* (Galatians 2:20).

THE FRUIT OF FAITHFULNESS

Faithfulness is being dependable and trustworthy despite situations that may tempt us to act otherwise. God is faithful to man. This is written in the Bible; in Deuteronomy 7:9; 32:4; Psalm 71:22; 89:8; 98:3; 1 Corinthians 1:9; 10:13; 2 Corinthians 1:18.

God wants us to be faithful to Him. *"He who is faithful in a little, is faithful also in much"* (Luke 16:10). Faithfulness starts with small things, like keeping a promise. In God's Kingdom, if we are not faithful in the small things, we will never be promoted to the big things. We can check our faithfulness by asking ourselves four questions.

- (1) Do we make promises then break them or forget we made the promise?
- (2) Do we turn up late for an appointment? The sun rises and sets on time; the snow falls in its season; the animals breed in their own season. If we are late and unpunctual, then we are not displaying God's faithfulness.
- (3) Do we allow our accounts to become overdue? We are told to keep out of debt and owe no man anything (Romans 13:8), so we must pay our bills on time, and that includes paying our taxes (Romans 13:7).
- (4) Do we borrow things from others and not repay or return it when we promised? 'The wicked borrow and do not pay back' (Psalm 37:21).

THE FRUIT OF GENTLENESS (MEEKNESS)

Meekness is not weakness. Moses was the meekest; the most gentle, kind and humble man on the face of the earth (Numbers 12:3), but he most definitely was not weak and did not in any way lack authority. Moses developed this meekness through the course of time. Meekness is the demonstration of divine strength. When we come to the end of our own human strength, then God will come in with His strength (Isaiah 40:29), just like He did with Moses.

People who shout, stamp their foot and abuse others, are not showing strength – they are showing weakness of character. Gentleness and meekness go together with authority. We need to lead by humility, meekness and example (1 Peter 5:2-3). A meek person understands that when God calls us, we do not have to try anymore, we have to surrender. A surrendered will, will happily and meekly obey God's will, no matter what the cost.

THE FRUIT OF SELF CONTROL

This is also self-discipline. God actually expects us to develop and exercise both self-discipline and self-

control. The Holy Spirit does not control us – we have our own free will and we must choose to be of good behaviour and temperate in our conduct. We cannot exercise God's standard of conduct without the help of the Holy Spirit, and He will not do anything without our cooperation; *"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize."* (1 Corinthians 9:25-27).

Self-control and self-discipline affect every area of our lives; every waking moment. For example, do we discipline our time; how much time do we set aside for prayer? Fasting? Fellowship? Bible study? Do we waste God's precious time by reading books or magazines of no spiritual value? Do we discipline our food and liquid intake? Are we eating too much food? Are we taking too much soft drink? Are we secretly drinking too much alcohol? Are we drinking enough water? Do we discipline our rest periods? God says we must have rest and he created in us the need for sleep, so we have to take care that we are meeting the requirements of our physical body by resting and sleeping according to our individual need.

Do we control the television or does it control us? Do we watch questionable movies at home or in the cinema? We are not to allow our eyes to see evil - *"I will set no vile thing before my eyes"* (Psalm 101:3). Do we listen to the immoral music? Are we trying to show our friends and family the way to eternal life? Are we influenced by them, or do we influence them? Do we exercise self-control when away from home? When driving, do we yell at other drivers? Do we insist on giving people a 'piece of our mind' if they annoy us? Do we smoke? Do we control our temper? Are we moody? Do we shout at our family member?

If we are to be successful in leading others to salvation, we need to let Christ live His life through us by bearing Fruit of the Holy Spirit, use it all day and every day.

Adapted with permission from Article on Fruit of the Holy Spirit featured in <http://www.bibleabookoftruth.com>

We acknowledge the topic; Fruit of the Holy Spirit presented by Ms Lim Ee Lee at SNCF Nurses' Day Celebration in 13 August 2011

Lo Mun Fun

SNCF Executive Member

ANNOUNCEMENT

MONTHLY PRAYER MEETING

Held at 2 locations: Central and Western Regions

Time : 7:30 pm

Venue :

CENTRAL WESTERN

Every 1st Monday at Blk 106 Bukit Batok

SNCF Workbase, #02-03, The Salvation Army Central, #04-221

Territorial HQ, Bishan S650106

Prayers items can be submitted to Ng Kim Choo at kimchoo.ng@ncf.org.sg or call 9737-9041

NURSING VACANCIES IN ST LUKE'S HOSPITAL

1. Assistant Director of Nursing
2. Senior Nurse Manager/Nurse Manager
3. Clinical Instructors
4. Home Care Staff Nurses
5. Staff Nurses (Inpatients/Outpatients)

If you are interested in the following positions, please contact:

Ms Leo Bek Hoon,
Sr HR & Admin Manager
St Luke's Hospital.

Tel: 68953243 (DID) Fax: 65618205



RECRUITMENT OF SNCF Ministry Staff (Full-time/ Part-time)

Singapore Nurses Christian Fellowship (SNCF) is looking for a committed Christian Nurse with SNB registration and preferably with Theological Qualification or completed modular Theological Studies. The Ministry Staff is required to be creative, has excellent communication abilities, demonstrates good organising skills and has word processing skills. Be passionate to meet the needs of nurses with international background. Be responsible to lead others in bible studies and prayer meetings. Able to develop personal & spiritual growth, encourage application of biblical principles in nursing practices and strengthen relationship between the Nurse and Christ.

Interested applicant, please submit your CV to Ms Ng Kim Choo, email: kimchoo.ng@ncf.org.sg. Only selected applicants will be invited for interview.

WELCOME PARTY FOR NURSING STUDENTS

Date: 7 January 2012, Saturday

Time: 3.30 pm -Refreshment

4.00 pm – Programme Starts

Venue: Auditorium The Salvation Army Territorial HQ

SNCF 53RD ANNUAL GENERAL MEETING

Date: 14 January 2012 Saturday

Time: 3.30 pm Refreshment

4.00 pm AGM

Venue: Chapel, Bishan Chinese Corps The Salvation Army Territorial HQ

SNCF SPIRITUAL RETREAT

Facilitated by Mr Chong Ser Choong, Retreat Director of Trinity Life Centre

Date: 23 to 26 Feb 2012

Venue: Blue Mountain Kelong, Riau Island, Indonesia

Cost: TBC

Note: Please confirm prior to events date

Ready To Jump Session – A total of 13 nursing students attended the session in December 2011.

Thanksgiving Service - We greatly appreciate the 59 SNCF members and friends who attended and freely shared how God has blessed them throughout 2011 at the SNCF Thanksgiving Service on 5 December 2011, Chapel, Chinese Corp Bishan

Thank you Lord Jesus Christ, Amen

SNCF CALENDER OF EVENTS

(Please refer to enclosed leaflet)

Most events are held at The Salvation Army Territorial Headquarters, 20 Bishan Street 22, Singapore

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Gifts through cheques to be made payable to:

Singapore Nurses' Christian Fellowship

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Singapore Nurses' Christian Fellowship

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Wishes All Christian Nurses

A Very Blessed Christmas and Happy, Healthy New Year