



PRESCRIPTION

A Singapore Nurses' Christian Fellowship Newsletter

MCI (P) 084/04/2020 May-August 2020

SNCF THANKSGIVING 2019

“From GROUSES

to GRATITUDE

to seeing the GIVER”

Hello, I'm Patricia Chay. Thank you for this invitation and privilege to share with you on tonight's theme of Hope, Gratitude and Blessed.

Our Grouses

Let's dive straight in. Will you turn with me to Ps 78:11. Ps 78 is a recount of how Israelites had failed to be grateful to the Lord and how God had reacted to their lack of gratitude.

The psalmist here pointed out their rebellious attitude and ingratitude. God was greatly grieved.

Ps 78:11-16, 27

They forgot His works: the ten plagues in the land of Egypt, the miracles of the Red Sea parting, the fire by night and clouds by day; the manna, the water from the rock, the winged birds that was meat. You all know the stories.

When their present circumstances were not what seemed to them as favourable, they grumbled because they had forgotten all God's provision- even when these provisions and blessings were works of wonder!

Are we not often too caught in this familiar pattern?

Our Grouses Grieve God

Ps 78:40- 42.

The Israelites rebelled against God; they tested God again and again; they provoked God.

How did this happen to a group of people who had just been delivered from slavery? What could the possible reason be?

Ps 78:40 explains that they had failed to remember God's power - the Mighty One who had redeemed them.



How exactly did the people forget their powerful God?

Ps 78:18 - it began with a murmur in the heart. It was a dissatisfaction of a seeming lack -not what they did not have enough but what they craved for. They spoke up against God in other words, the dissatisfaction became a murmur and then a **complaint** ... of what they craved and did not get.

Then it became a **comparison** of the past: what Egypt had given them - a better table spread (v.19).

Then it became a **critical spirit** of their leader, Moses (v20)

Sound Familiar? We are often like them, aren't we?

Application:

Do we allow a murmur of dissatisfaction to become a complaint of a lack; a comparison of a preferred choice; and then a critical spirit of expectation of others?

Do we complain whenever there is a change of circumstances, or seemingly an insufficiency?

Do we compare our past? What we used to enjoy, or compare with what others are having and we are not.

Are we perhaps becoming critical of family members, colleagues, church leaders etcetera?

Yes, actually, they could have just requested via prayer for their needs - like in the Lord's prayer-"...provide us our daily bread."

SNCF MOTTO	One in Christ	SNCF MISSION STATEMENT	SNCF seeks to bring Jesus Christ to nurses, equipping and helping them find meaning and purpose in their work.
-------------------	----------------------	-------------------------------	--

Let us remember..

While the Israelites had these grouses, God was full of wrath; God's anger rose and many were killed! (v. 21 & v31) Then, there was repentance. BUT, it was only a short-lived repentance! The psalmist reveals again to us their heart condition: (v37). Heart was not steadfast; ... mouth of flattery and tongues of lies!

I think we all should wish and pray that we are not the same - we would be sincere in our repentance and be faithful to God. You know what we can be most grateful for? God's unchanging character.

Our focus on the Giver

How to ensure a heart of Gratitude?

FOCUS on GOD the Person

Ps 78 v.38- God's restrained anger; he understands us as mere flesh - weak in the flesh!

God is so patient, so compassionate, so merciful and so forgiving!

There are 2 examples on how to focus on the Giver in the New Testament:

Example 1. Luke 5:4-8 Peter's provision.

Tired of catching fish whole night, Peter knew he had failed.

Jesus asked him to cast the nets again. Perhaps Peter was thinking of, "Hey buddy, fish is not static- they cannot be attracted to the boat suddenly!" But, Peter obeyed.

There were so many fish - 2 full loads of fish that required 2 boats!!

Did Peter thank Jesus? Perhaps...

Was Peter grateful for this miracle? Most probably...

The answer is in v.6- He fell down and worshipped at Jesus' feet! He recognised he was in the presence of the Holy One.

What happens when our situations and prayer requests are not favourable?

Do we focus on God's compassion, God's love, God's omniscience, God's omnipresence and God's omnipotence?

Let us truly focus on the Giver and Have HOPE in Him and still know that we are BLESSED and remain faithful in Him

Application

Today, if God grant us a healing, our request is answered favourably, do we merely say thank you? When we have our need met, we are grateful...

Do we act like Peter or do we MISS the ONE who did the miracle! Thank you was not what came into Peter's mind. God's Holiness was what came into Peter's mind.

Example 2. Matt. 8: 23-27 Jesus calmed the storm

When their fear was banished, lives were saved, did the disciples just feel gratitude in their heart? No. They marvelled, v.27 - they recognized the all mightiness of our Lord Jesus.

Application

Today, we might have lived our lives in this way:

When our prayers are answered, we say thank you Lord and we walk away. We then wait for the next miracle the next high moment in our lives.

What happens when our situations and prayer requests are not favourable? Do we focus on God's compassion, God's love, God's omniscience, God's omnipresence and God's omnipotence?

Let us truly focus on the Giver and Have HOPE in Him and still know that we are BLESSED and remain faithful in Him.

A challenge:

As we enter into 2020, for resolutions,

May I challenge us to do 2 things?

1. Count all our past blessings and be filled with gratitude.
 2. Focus on the Giver, our God, eg. do a personal study of Him.
- Prioritise and conserve our energy and time, focus on knowing God more.

Conclusion

Whenever you feel the stirring of a murmur in the heart, throw away the 3Cs: complaining, comparing and critical spirit; repent and remember **the 4Gs**:

no more grouses, no more grieving the Lord, focus on God the Giver, then Gratitude will flood our hearts, no matter what circumstances we'll find ourselves in.

Singapore Nurses' Christian Fellowship

wishes all our nurses

Blessed Nurses' Day

"Christian Nurses:
from Angels to Saints"



Come and celebrate
Nurses' Day

Monday 3 August 2020

Time: 7.30pm - 9.30pm

Zoom ID : 861 2667 0004

Password: Psalm 23

ANNOUNCEMENTS

SNCF 60TH ANNIVERSARY CELEBRATION

DATE : FRIDAY 16 OCTOBER 2020
TIME : 7.30PM TO 9PM

Zoom ID : 842 9014 8615 Password: Psalm 23



READY TO JUMP (RTJ) WORKSHOP 2020

TIME : 10AM to 12.30PM via Zoom

Tentative Dates	Topics
29 th August	Communications Skills Health Assessment, Documentation, Expectation of Clinical preceptors
5 th September	Post Op Care and Pain Management
12 th September	a) Palliative / Community Care b) Dealing with Difficult Patients
19 th September	Cardiac Situations
26 th September	Nursing Intervention for Critical Situations
3 rd October	a) Respiratory Situations b) Story of a Nurse

Please whatsapp Janet Kong hp:93925800 to register or enquiry.



MONTHLY PRAYER MEETINGS

CENTRAL and EASTERN REGION

Date : 1st Monday of Every Month Time : 7pm
Zoom ID : 861 2667 0004 Password: Psalm 23

WESTERN REGION

Date: 2nd Thursday of Every Month Time : 7.30pm
Venue : Blk 106, Bukit Batok Central, #04-221, (S650106)

St. LUKE's HOSPITAL FELLOWSHIP MEETING

Date : 4th Thursday of Every Month Time : 3pm – 4pm
Contact : Joy Lim tel: 91548850

KHOO TECK PUAT FELLOWSHIP MEETING

Date : 3rd Wednesday of Every Month Time : 6pm – 7pm
Contact : Hai Moi tel : 92375935

IMPORTANT NOTICE :

Please note there will be no meetings at our workbase at Fairfield Methodist Church premises and our office will also remain closed until further notice. We will continue to work from home.

Meanwhile, stay safe, stay healthy and stay at home as much as possible.

God bless.

SNCF CONTACT DETAILS

Correspondence Address:

Toa Payoh Central
PO Box 468
Singapore 913116
Tel : 6220 0587
Fax: 6225 7485

Workbase Address

Fairfield Methodist Church
Rm 201, 1 Tanjong Pagar Rd,
Singapore 088437

SNCF Website

<http://www.ncf.org.sg>

SNCF Email

admin@ncf.org.sg

Gifts to SNCF by:

- Cheques to be made payable to Singapore Nurses Christian Fellowship
- Bank Transfer – DBS Autosave
Acc No. 033-022161-4
- PAYNOW
You will see SINGAPORE NURSES' CHRISTIAN FELLOWSHIP reflected via UEN: S60SS0018F or via QR code:



Please notify SNCF at 97379041 after Bank Transfer or PAYNOW

SNCF Editorial

Members:
Ms Tan Wee King
Ms Ng Kim Choo
Ms Janet Kong Kwai Fong
Ms Chia Mui Sim
Ms Lee Swee Heng