

KEC ORDER OF SERVICE/SERMON OUTLINE 9th May 2021 (KEC SERVICE Online)

Please take note that this Sunday's service begins at **8.30am**, not 9am.

We will not be showing any new Kids' Church Videos for the moment. Please do join one of our Sunday School groups instead! Contact Abang Trang for more info.

You can access the livestream at https://www.facebook.com/bemkec/live_videos/

Or on Youtube here: <https://youtube.com/bemkec/live>

8.30am – Livestream starts

Livestream link should be available by 8.25am latest.

1. CALL TO WORSHIP – Psalm 30

2. WORSHIP in SONG (with Bobby Langat)

SONG 1: Man of sorrows

SONG 2: Turn your eyes upon Jesus

3. What should we pray most for our kids? – A mother answers

4. Prayers

5. Bible reading: Hosea 11:1-9; John 11:33-36; Philippians 4:4-9

HOSEA 11:1-9

11 “When Israel was a child, I loved him,
and out of Egypt I called my son.

² But the more they were called,
the more they went away from me.^[a]

They sacrificed to the Baals
and they burned incense to images.

³ It was I who taught Ephraim to walk,
taking them by the arms;

but they did not realize
it was I who healed them.

⁴ I led them with cords of human kindness,
with ties of love.

To them I was like one who lifts
a little child to the cheek,
and I bent down to feed them.

⁵ “Will they not return to Egypt
and will not Assyria rule over them
because they refuse to repent?

⁶ A sword will flash in their cities;
it will devour their false prophets
and put an end to their plans.
⁷ My people are determined to turn from me.
Even though they call me God Most High,
I will by no means exalt them.
⁸ “How can I give you up, Ephraim?
How can I hand you over, Israel?
How can I treat you like Admah?
How can I make you like Zeboyim?
My heart is changed within me;
all my compassion is aroused.
⁹ I will not carry out my fierce anger,
nor will I devastate Ephraim again.
For I am God, and not a man—
the Holy One among you.
I will not come against their cities.

JOHN 11:33-36

³³ When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁴ “Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

³⁵ Jesus wept.

³⁶ Then the Jews said, “See how he loved him!”

PHILIPPIANS 4:4-9

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, 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. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

SERMON OUTLINE: EMOTIONS

Snapshots

All of us experience life emotionally

But how should we feel about how we feel?

Spock / Marcus Aurelius

Vs

Moana

What about inside the church?

God's Word – not so restrained! (eg. Song of Songs 5:2; Jeremiah 8:22-9:1; Romans 12:9-12, 15)

Our emotions are a gift from God our Creator to reflect Him

God experiences emotions!

Genesis 6:6, Exodus 34:14; Deut. 4:21; Psalms 7:11, 103:13; Prov. 6:16-19; Isaiah 42:1, 59:15, 62:5; Micah 7:18-20; Zephaniah 3:17; John 3:16; 1 Tim. 1:11

God doesn't experience emotions in the same way as us

Yet emotions are a legitimate part of being human because God expresses them, and we reflect him.

You can be emotional!

What exactly are emotions?

- i. What we feel in our bodies

But not purely physiological

- ii. Result from our interpretations and valuations

How you interpret the situation

What you value

“Rightly understood, our emotions are connected to what we focus on, what we know, what we value, and what we believe.” – Matthew Elliott

Emotions are windows into our hearts

Mark 10 – the rich young man

Verse 22 – why is he sad?

Verse 21 – what about Jesus?

Paul’s emotions in Philippians 1:16-18

Emotions help us assess how our hearts are doing – spiritual MRIs

What does growing in Christlikeness in our emotional lives look like?

Jesus' emotional life

- Luke 7:12-13
- John 11:33-36
- Mark 3:5
- Luke 10:21

What strikes you?

- a) Jesus' emotional range
- b) Jesus' emotional aptness
- c) Jesus' emotional regulation

Our struggles come because

- We feel the wrong things, or
- We feel them to the wrong degree

What should we do?

Can't switch on/off our emotions just like that

Influence/cultivate our emotions

- i. Describe the situation
- ii. Name the emotion
- iii. Work out your values/beliefs in this situation
- iv. Take God's Word and hold it up as a mirror to your situation

Mixed emotions

Body-mind relationship not straightforward

Can ask God for the right emotions! (eg. Romans 15:13)

"Weeping may stay for the night, but rejoicing comes in the morning" because of Heb 12:2

Response: Behold our God

Further reading

- *'Nothing more than Feelings?' A Biblical-Theology Primer on the Emotions*
– Brian Borgman (Modern Reformation Vol. 27, No.5, Sept-Oct 2018)
- *Emotions* – Graham Beynon
- *Feel* – Matthew Elliott (popular-level)
- *Faithful Feelings* – Matthew Elliott (more dense and technical)

ANNOUNCEMENTS

- Connect cards
- Stay for a quick Zoom chat with Pastor! (After service next Sunday)
- Giving
- KEC Church Administrator vacancy:
Any interested parties are encouraged to apply and submit their CV as soon as possible, latest by this coming Thursday, addressed to the Church Secretary (email: kecsibkh@gmail.com or brian.bemkec@gmail.com or edwards@cmsb.my). Preferred qualifications is diploma/degree in business admin/management/HR, but other fields/level are also acceptable. Please see the advertisement for the position in full at <https://bemkec.my>
- *Christianity Explored* – takes place at 8pm every Thursday, April 29th for 8 weeks (inclusive of Gawai break) via Zoom.
- Prayer Meeting – on Zoom until further notice.

BENEDICTION

¹³ May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

- Romans 15:13