

## SERMON NOTES

### ELIJAH: THE DEPRESSIVE SPIRIT IN STRESS AND BURNOUT

Scripture: 1 Kings 19:1-18 • Speaker: Rev Dr Danny Goh

## Spiritual Succession

15 June 2025  
11:30am

Grace S.C.C. Church  
14 QUEEN STREET  
SINGAPORE 188536  
6337 7144  
gracescc@singnet.com.sg  
www.gsgccc.org.sg

**Senior Pastor:**  
Rev Chua Yeow San

**English Congregational Pastor:**  
Rev John Loke

**EC Ministry Worker (Family Ministry):**  
Sis Jannie Chiu



Download EC Bulletin

**WELCOME** to the English Congregation Worship Service!

(Online Streaming: [www.youtube.com/c/gracesccchurch](http://www.youtube.com/c/gracesccchurch))

Family News  
Mission Spotlight  
Pastoral Prayer

Worship in Praise  
Worship in Offering  
Children's Message

Scripture Reading  
Sermon:

Speaker • Rev Dr Danny Goh

**Elijah: The Depressive Spirit in Stress and Burnout**

1 Kings 19:1-18

Response Song

Benediction

Silent Meditation

Pastor/ Deacon On Duty • *Rev John Loke*

Worship Leader • *Dawn Ong*

*Kindly switch all mobile devices to silent mode during service*

### OUR COMMUNITY

Children Sunday School	Sunday, 11:30am Onsite
Youth Worship (Secondary) (Tertiary)	Sunday, 9:30am Online/ On-site Online/ On-site on some Sundays to be informed by fellowship mentors
Youth Fellowship (Secondary) (Tertiary)	Sunday, 10:45am Online/ On-site Online/ On-site on some Sundays to be informed by fellowship mentors
Cell Groups	Kindly contact EC pastor
Lunch Fellowship	1st Sunday of each month

Please contact the church office or EC Pastor for more information.

## CHURCH NEWS

### YOUTH WORSHIP

Title: *The Heart of a Father*  
Text: Luke 15:11-32 (NIV)  
Speaker: Dr Ashley

### THE EVERGREEN COMMUNITY

In view of the forthcoming Mission Convention, the Evergreen Community will take a *two-week break from 17-24 June*. Our programme **resumes on 1 July**, with a morning talk on "*What will damage your kidneys?*" by The National Kidney Foundation (NKF) – please see the posters in the lift and the noticeboards (stairway).

### "TIPS FOR RAISING GODLY CHILDREN" SEMINAR

Date: **3 & 10 July 2025** (Thurs)  
Time: **7:30-8:30pm**  
Venue: Online Conference

Family Ministry will host the seminar "*Tips for Raising Godly Children*" in 2 sessions. Sisters Kit Heng and Sally Pak will share the subtopics as below:

**3 July** – *Unchanging Biblical principles, timeless experience sharing*

**10 July** – *Understanding Gen Z parents and their Gen Alpha kids*

The seminar will be conducted in Mandarin. Anyone who is interested, please register with the QR code.



### JOIN OUR TABLE TENNIS FRIENDLY COMPETITION!

Date: **9 August 2025 (Saturday) Morning**  
Format: Singles & Doubles  
(Teams of 4-5 members, can be cross-congregational and cross age group with at least 1 lady player. For church members and regular worshippers)  
Team Registration: First-come, first-served (Deadline: 6 July 2025)

Registration Fee: \$10/Team

Grab your teammates and sign up now for a fun day of friendly matches!



For registration, For enquiry, please contact: Dn Javier Kong 97322367, Bro Grant Chan 97327143

### PASTORAL MOVEMENT

We thank God that the Deacon Board has approved the employment of Pastor Paul Teoh, a member of Katong Presbyterian Church, as Mission Pastor. He will join us from 3 July 2025 and the installation will be held on 6 July at EC Sunday Service. Please remember Pastor Teoh in prayer for his adjustment to the new position

### COMBINED RETREAT CAMP

Thank you, brothers and sisters, for signing up for the church Combined Retreat Camp held in mid-December this year. The number of applicants has exceeded expectations. If there are brothers and sisters who are still interested in participating, please contact congregation representatives and we will put them on the waiting list.

The payment notice was sent to participants last Sunday (June 7). We prefer everyone to use PAYNOW by scanning the new QR code (printed on the payment notice), or internet banking transfer to the church's new bank account (Note: Please do not transfer to our existing offering account).

The payment due date is 15 July 2025. If you have not received the payment notice or anyone wants to pay by cash or cheque, please contact the congregation representatives as follows: -  
EC: Bro Terence 9021 2888  
Youth Worship: Dn Ronald 9747 2284

### MODES OF OFFERING:

- a) **PayNow** (is now available to **ALL** funds) **UEN S61SS0111H** or QR code. Please refer to the Church Website or Mobile App for the bank references.



- b) **Mail crossed cheque to church**
  - Envelope with prepaid postage will be available upon request.
  - Please call Finance Executive at 6332 6836.
- c) **Online Banking**  
THE GRACE (S'PORE CHINESE CHRISTIAN) CHURCH  
DBS Bank A/C No.: **033-022323-4**

### RECRUITMENT NOTICE

- **English Congregation Pastor**
  - **Mandarin Congregation Pastor**
- Please refer to the Church website for details. Interested applicants may email their resumes with any required information to: [hr@gsgccc.org.sg](mailto:hr@gsgccc.org.sg)

## FAMILY NEWS

### BAPTISM BY SPRINKLING

We praise God that MC Sis Tan Geok Eng (mother of MC Bro Chris Choy) had received baptism by sprinkling in hospital on 31 May, administered by Rev See. May our Lord continue to strengthen her faith.

### CONDOLENCES

CC Sis Siak Choy Eng (Sister: Seck Chu Thim; Nephew: Siak Kah Yiau) had gone home to the Lord on 10 June. The funeral service was held on 14 June. Do keep the family in prayer during this time of bereavement.

## MISSION NEWS

**YOUTH PHILIPPINES MISSION TRIP (16-23 JUNE)**  
A 9-member youth mission team (Ps Jiafeng, Phyllis Chia, Joshua Tew, Ronson Aw, Chin Yu Chen, Shannea Kwok, Dawn Lim, Josephine Goh, Shavonne Tang) will be going on a short-term mission trip to Iloilo, Philippines. They will be reaching out to children and youths through school and sports evangelism, and interacting with the young believers through faith building activities. Do pray for their safety, health and work during the trip. There will be a commissioning prayer at youth service today.

**REGISTRATION FOR 52<sup>ND</sup> MISSION CONVENTION WORKSHOP & EXHIBITION**  
**28 June** (Saturday only)

### Mission Workshop Sharing by Mission Agency

Venue: Sanctuary  
Time:  
**10:30am-12:00pm**  
– OM, CRU, OMF  
**1:00pm-2:30pm** –  
WBT, Interserve,  
CNEC



Please sign-up via <https://tinyurl.com/ywrvw8vu> or scan the QR code for registration.

### Exhibition by Mission Agency

Venue: Room 102-108  
Time: **12:00pm-4:00pm**  
Refreshment provided for participants from 2:30pm to 3:45pm

**52<sup>ND</sup> MISSION CONVENTION DIGITAL HANDBOOK, FAITH PLEDGE & COMMITMENT FORMS**

a. The digital commitment form will be available for submission from 27 June (7pm) to 31 July. The link and QR code provided as follows:



<https://tinyurl.com/52MCCCommitment>



b. The digital faith pledge form will be available for submission from 29 June (9am) to 31 July. The link and QR code provided as follows:

<https://tinyurl.com/52MCFaithPledge>

c. The link and QR code for the digital handbook is accessible as follows: English version:

<https://tinyurl.com/52MCHBdownload>



Chinese version:



<https://tinyurl.com/52MCHBdownload-C>

The links to the electronic handbook and forms will be emailed to your registered email address from the church.

**52<sup>ND</sup> MISSION FAITH PLEDGE**

After much prayerful deliberation, the Deacon Board, upon recommendation by the Mission Committee, has approved the 52<sup>nd</sup> Mission Budget at **S\$1,467,705**. The budget caters to existing ministries as well as new ministries, approved in-principle. The faith pledge target is set at **S\$1,150,000**. The remaining **S\$317,705** will be provided for by the mission fund surplus. The details of new mission budget and 52<sup>nd</sup> mission convention programme overview have been sent to you by email or by post (for those without an email address). Please be reminded to check your Inbox, spam folder or mailbox to ensure you've received the 52<sup>nd</sup> Faith Pledge letter.

**52<sup>ND</sup> MISSION CONVENTION PLENARY SESSIONS (ONSITE AND LIVESTREAM)**

**27 June (Fri) | 7:30pm** | Sanctuary Mandarin with English interpretation, Cantonese on livestreaming

**28 June (Sat) | 4:00pm** | Sanctuary Mandarin with English interpretation, Cantonese on livestreaming

**29 June (Sun) | 9:30am**  
Sanctuary - Mandarin with Cantonese interpretation  
Rooms 201, 106-109 - Cantonese interpretation  
Rooms 507-509 - English interpretation

**51<sup>ST</sup> MISSION FAITH PLEDGE UPDATE**

The Faith Pledge target for the 51<sup>st</sup> Mission Year had been set at S\$1,100,000. We thank God that as of 9 June, the total mission offering received is **S\$1,020,136**. The collection for the current Mission Year will end on 30 June.

**MISSION PRAYER NEWS – PUBLISHED ON 15 JUN**

Please log in to our church website via 'Useful Links' > 'Church Mobile App' to obtain an e-copy of the latest mission prayer news. On the Mobile App, please select 'Menu' (bottom right corner) > click

'Mission' to access.

Note: For members and regular attendees who have registered with church only.

**EC NEWS**

**APPLICATION FOR MEMBERSHIP TRANSFER**

Worshippers seeking membership transfer to Grace Church may approach Rev John Loke for registration. Closing date for registration: 29 June.

**APPLICATION FOR BAPTISM**

Worshippers seeking to be baptised in coming August may approach Rev John Loke for registration. Closing date for the registration is **today**.

**OUR FAITHFULNESS (8 June 2025)**

On-site attendance (incl. service crew): 142  
No. of livestream worship units (max): 19  
EC Offering (Overall): \$21,499.22

**MEETINGS**

*DB cum CLC Meeting*  
**21 June (Sat) | 9:30am** | Online

22 June 2025	
Speaker	Bro David Chan
Title & Scripture	<i>Evangelising Boldly</i> <i>Romans 10:12-15 &amp; 17</i>
Pastor On Duty	Rev John Loke
Worship Leader	Ruth Wong

## Outline of Sermon (by Rev Dr Danny Goh)

### Elijah: The Depressive Spirit in Stress & Burnout

I Kings 19:1-18, Grace CCC, June 15, 2025

#### Introduction

- ✓ The romantic vs. the realistic view of life
- ✓ The context and contrasts in Elijah's life

#### A. Five Symptoms of Depression & Burnout

1. The feeling of rejection
2. The desire to be alone
3. The inability to see beyond the present pain
4. Acute physical fatigue
5. A distorted and rigid perspective

#### B. Three Prescriptions for Prevention & Recovery

1. Have adequate rest, good diet and regular exercise + slowing down and practice contemplative spirituality
  - Rest: Eight hours of sleep; the body "keeps score"
  - Diet: Fiber, protein; cut the carbo, avoid sweet, salty and fried stuff
  - Exercise: On the move (emitting endorphins); build muscle mass (to prevent sarcopenia)

- + *Slow down pace of life: Some suggestions*
- + *Cultivate a sense of humor (laughing at and going easy on self)*
- + *Practice Sabbath and contemplative spirituality*

#### 2. Build strong friendships and have a mentor

- Qualities of good friendship
- Parable of the Good Samaritan (Luke 10)
- Friending: A few action steps – Initiating, Listening, Probing & Empathizing, Remembering, Praying

\* Harvard University Project: *Men who had enduring and sustaining relationships reflect the highest level of emotional health.*

\* Daniel Levinson: *Life has meaning when relationships have meaning. The richness of life at any one time is determined by how many and what quality of relationship a person has at that one time.*

#### 3. Have a proper sense of commitment and responsibility + a proper sense of perspective (cognitive restructuring)

#### Conclusion

- ✓ Not a Q of "how much have I accomplished for God" but "am I still walking with God at the end of my life" (duration, not intensity)
- ✓ *I have fought a good fight, I have finished the race, I have kept the faith." II Tim 4:7*