

Week of Sunday, 1st March 2026

KEEP STRESS AWAY IN 2026

Over the Chinese New Year period, one of my regular lunch kakis shared that he has of late, experienced chest pains because of stress. I would like to hazard that many of us also have these symptoms from time to time, and would like to suggest these changes may be helpful:

1. Reduce your expectations to have everything work out exactly the way you want.

We live in an imperfect world. Unmet deadlines, shoddy workmanship and poor service. Live with it and attribute it to a fallen world. Leave some room for grace, forgiveness and adjust your response when things fall short.

2. Busyness - the curse of modern civilisation. We try to pack more in a day than we can prayerfully handle. Then when something goes wrong, a traffic jam or slight delay, stress takes over.

Let go. Prioritize. Let God into your plans and listen to His leading as in 1 Corinthians 9:25-27 - *"Every man who strives in the games exercises self-control in all things. Now they do it to receive a corruptible crown, but we an incorruptible. I therefore run like that, as not uncertainly. I fight like that, as not beating the air, but I beat my body and bring it into submission, lest by any means, after I have preached to others, I myself should be rejected."*

3. Wait on God. There can be nothing more refreshing and soul-uplifting than to wait on the Lord. I recommend that at least once a week, find an hour to spend in the presence of God either in prayer, visiting someone who is struggling, or volunteering with the community

4. Count your blessings. I mean this literally - list out your blessings. Do this while riding the bus or MRT - clear your mind, unplug that earphone and get in synch with God. Start with three a day, increase to 10 and go up to 25 – you'll find your perspective shifting from mad to glad!

5. Start each day, handing your agenda over to God. With a sense of focus and an openness to God's leading, we will be more effective and less likely to be distracted by the 101 other small and inconsequential things that may hit us from the moment we step out the door.

Psalms 118:24 - *This is the day that the Lord has made. We will rejoice and be glad in it!*



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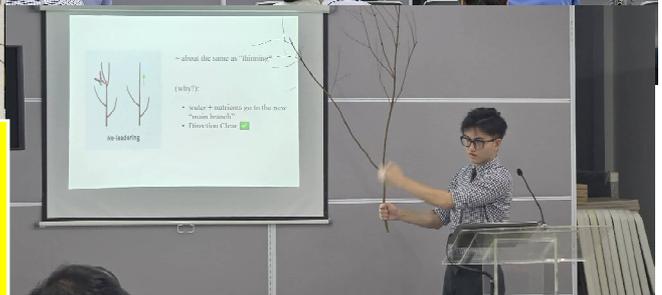
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SPECIAL PICTORIAL (Missing Photos)
Lohei Fellowship on 15th February 2026



BACK PAGE NEWS



Clockwise: Care teams in session; Men preparing to serve at worship; Tng Huat reading scripture; Paul exhorting the congregation; Many thanks to the Poons and Leows for the savory snacks.

The background features a large, bright orange sun in the upper center, partially obscured by the text. Below the sun are several layers of stylized mountains in shades of green and dark green, creating a sense of depth. The overall color palette is warm and natural.

Lessons from the
Sermon
ON THE
Mount

Introduction

Coming in March 2026 - 4 lessons from the Sermon on the Mount

The Sermon on the Mount contains the essence of the gospel of Christ

Recommend every Christian to read Matthew 5-7 every month!



Overview

I. WHO IS IN THE KINGDOM

Their blessedness - Matthew 5:3-12

Their relationship to the world - Matthew 5:13-16

II. WHAT IS THE KINGDOM

In contrast to the Law - Matthew 5:17-48

In relation to God - Matthew 6:1-33

In relation to man - Matthew 7:1-12

III. HOW TO ENTER THE KINGDOM

The beginning of the way - Matthew 7:13-14

The progress along the way - Matthew 7:15-20

The end of the way - Matthew 7:21-27

Focus on Fasting

An important Christian discipline

Matthew 6:16-18

Moreover when you fast, don't be like the hypocrites, with sad faces.

For they disfigure their faces, that they may be seen by men to be fasting. Most assuredly I tell you, they have received their reward.

But you, when you fast, anoint your head, and wash your face; so that you are not seen by men to be fasting, but by your Father who is in secret, and your Father, who sees in secret, will reward you.



5 Things to Note

1. Do not be like the hypocrites i.e. with sad faces.
2. Do not turn your devotion to God into a show, by contorting their faces, that they may be observed to be fasting.
3. All you get is men's praise - this will be their reward.
4. Here is how to do it - *But you, when you fast, anoint your head, and wash your face; so that you are not seen by men to be fasting, but by your Father who is in secret*
5. Your Father, who sees, will reward you.

How to Fast

2 Parts:

1. Stay away from food - physical
2. Focus on being with God - devotion

Many ways to fast:

1. Abstain from food for a period of time.
e.g. one meal; one day; one week
2. The Jews fast during the day but eat and drink as soon as it was dark.

Moses fasted for 40-day periods twice
(Deuteronomy 9:18 and Exodus 34:28)

Jesus fasted for 40-day period once (Matthew 4:2).

5 Reasons to Fast

1. To strengthen your intimacy with God. King David said, *“I humbled my soul with fasting”* (Psalm 69:10)
2. To express grief. In 2 Samuel 1:12 where David and his men are described as having *“mourned and wept and fasted till evening”*.
3. To beseech the Throne of Grace - James 5:16
Confess your offenses to one another, and pray one for another, that you may be healed.



Sermon ON THE Mount

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How to Fast

4. To express concern for the work of God -
Nehemiah 1:3-4 *They said to me, The remnant who are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates of it are burned with fire. It happened, when I heard these words, that I sat down and wept, and mourned certain days; and I fasted and prayed before the God of heaven.*

5. To pray for special needs - Acts 13:2-3 As they served the Lord and fasted, the Holy Spirit said, *"Separate Barnabas and Saul for me, for the work to which I have called them."* Then, when they had fasted and prayed and laid their hands on them, they sent them away.



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How to Fast

5 Reasons to

Fast

Conclusion

*Matthew 17:14-21 Then the disciples came to Jesus privately, and said, "Why weren't we able to cast it out?" He said to them, "Because of your unbelief. For most assuredly I tell you, if you have faith as a grain of mustard seed, you will tell this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. **But this kind doesn't go out except by prayer and fasting.**"*

Have you ever fasted?

2026 is a good year to start.

Take the first step...