

FAQ

for Christian Soldiers

NS Ministry | Calvary Pandan B-P Church

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Preparation before NS

1. What is a NAPFA test?

The National Physical Fitness Award/Assessment (NAPFA) is a test of our physical fitness as part of the Sports For Life programme for Singaporeans.

2. Do Polytechnic and ITE have NAPFA test?

Yes, Polytechnic and ITE students take the NAPFA test in their final year.

3. What do they need to achieve for their NAPFA?

All pre-enlistees have to achieve at least a silver for their NAPFA test in order to qualify for the shorter NS duration of 1 year and 10 months.

4. What if they fail their NAPFA test or achieve less than a silver award?

If they fail their NAPFA, they will need to go through the Physical Training Programme. It comprises 8 weeks of physical training prior to the shorter NS duration.

Please refer to the following website for more details about NAPFA/IPPT/Pre-enlistment process:

<https://www.cmpb.gov.sg/web/portal/cmpb/home/before-ns/pre-enlistment-process/pre-enlistee-ippt-and-bmi>

5. What support can parents give to strengthen their children spiritually & physically?

Spiritually, remind him to examine his own salvation and faith in the Lord Jesus Christ. Pray regularly with him and encourage to attend Sunday worship, Youth Fellowship, NS Prayer Meetings and other Bible studies, if he has not already been doing so. Remind him to be a good witness for Christ in camp.

Fathers, in particular, play an important role especially if you have completed your own NS. Share spiritual lessons of your struggles and how you overcome trials with God's help and enabling. Your sons will gain precious insights from you as he faces his own difficulties in NS. Seek every opportunity to plant God's Word in his heart.

Physically, encourage him to exercise regularly. Better still, if you can exercise together with him.

Remember God's instruction in Deuteronomy 11:19.

During NS

1. What are the common temptations and struggles in NS?

Temptations are the same everywhere. However, in NS, the lure is stronger in these areas: discontentment, consumption of alcoholic drinks, smoking, clubbing, swearing, pornography, gambling, lying, cutting corners etc.

Struggles as a Christian includes bearing a good testimony when picked on by your superior or peers, doing the right thing unsupervised, going the right but longer way when others are taking the wrong but easier route, pleasing God not man, not murmuring and complaining etc.

As trainings will be physically demanding, physical tiredness will be a real struggle they will face. When we are physically tired, we may lower our guard especially when faced with various temptations. We may also be tempted to not pray and seek God's Word.

Remind them that God will not tempt them above what they are able to but will always provide a way

of escape. Encourage them to flee every youthful lust, carnal desires and appearance of evil. They must pray without ceasing and seek God's Word which will be their defense against the fiery darts of the wicked one. God is not the author of sin. If they sin, they have to repent and ask God for forgiveness through our Lord Jesus Christ.

Some Bible verses to encourage yourself and your sons include 1 Corinthians 10:13; 1 Thessalonians 5:22; 2 Timothy 2:22; Daniel 1:8; 1 John 1:9.

2. How do they prepare themselves to say no to drinking and smoking in NS?

First, know clearly from God's Word why Christians should not drink and smoke.

God's instruction regarding drinking and its consequences can be found in Ezekiel 44:21; 1 Corinthians 5:11, 6:9-10, 10:31; Romans 13:13, 14:21; Proverbs 20:1, 23:21, 29-35; Galatians 5:19-21; Ephesians 5:18; Habakkuk 2:15; Leviticus 10:8-11.

For smoking and other harmful habits, read 1 Corinthians 6:19-20 & 1 Thessalonians 5:22.

Second, firmly say no and walk away from the

temptation if the situation permits.

Third, if an opportunity arises, give reason why but do not argue or get into a debate.

3. What specific areas can parents pray for their sons besides physical fitness, good commanders, buddy, protection etc.?

Besides the physical, parents can pray for the spiritual well-being of the sons. They can pray that their sons will draw closer to God and grow spiritually. That they will seek God earnestly and trust Him in difficult situations, to be mindful of temptations, to grow and mature in the inner man, and to bear a good and faithful witness for our Lord Jesus Christ.

4. Is it right for Christian parents to escalate matters to higher authorities if my son is picked on by his superiors, knowing that we need to teach and remind our son to suffer for Christ and to wait for His deliverance?

Beside teaching and reminding them to suffer for Christ and to wait for His deliverance, encourage them to trust God as they go through this trial and allow them to handle the matter themselves.

Do bear in mind that soldiers are trained to obey instructions and to endure hardship, even if it seems unreasonable, as long as it is not illegal, criminal or sinful (example lying to cover up an offence an officer has committed). There are processes and channels within the Unit whereby such issues can be raised and addressed. For example, if they are picked on by their Section Commanders, they can actually approach their Platoon Commander for help.

Some Bible verses to encourage your sons include Romans 5:3-5 & 1 Peter 2:18.

5. What other ways can we as parents encourage our sons besides sending Bible verses and praying together with them over the phone or during book outs?

Generally, they may need more encouragement in the initial phase of their enlistment during BMT compared to the rest of their NS. When they are in camp, find out how they are doing at the end of the day. Always be ready to lend a listening ear and give practical advices how they can apply God's Word to their difficulties.

6. Should we discourage our sons to have social gatherings with their army friends; section mates during their book outs?

There no need to discourage them from social gathering. These are opportunities for our Christian children to witness for our Lord.

However, they must be mindful of the purpose, location and activities of these gathering. For example, it is alright for the Section to meet over dinner in a restaurant to celebrate their passing out from BMT; but is wrong to patronise pubs during nights off to chill out.

Some Bible verses to encourage your sons include Acts 13:47, 28:28.

Time-management

1. Will they be given free time to read the Bible?

Yes, they can do so if *Admin Time* is allocated prior to lights out. You can also choose to wake up slightly earlier in the morning to read your Bible.

The Bible can also be read from the phone while waiting, travelling etc whenever permission is granted by superiors. Many soldiers waste these times on handpone games and other non-profitable and unedifying chit-chat.

2. What are the timings of booking in & out?

It depends on the training programme. Usually, booking in take place on Sunday evenings and booking out on Saturday afternoons or at times Friday evenings. The actual timing differs from one unit to the other. Timings for BMT are likely to be more regular than other units.

3. Will we be able to have family meal at least once a week?

Your son will be home on most weekends, unless he has been assigned weekend duty, gone for overseas training or confined in camp as a punishment.

Food

1. Will SAF provide them with a well-balance diet?

SAF plans all menu and ration with the soldier in mind and provides nutritious and well-balanced diet to build up their body to withstand the rigors of training. There are three meals a day and a night snack if there is night training. Recruits are informed daily of these scheduled mealtimes.

2. Do we need to supplement them with additional nutrient?

No, there is no real need to.

Please refer to the following website for more details about NAPFA/IPPT/Pre-enlistment process to find out more about SAF nutrition standards and SAF food supply:

<https://www.dsta.gov.sg/docs/default-source/dsta-about/dietary-requirements-review-for-the-saf.pdf?sfvrsn=2>

https://dsta.gov.sg/docs/default-source/dsta-programmes/pioneer_nov11.pdf?sfvrsn=2

Training

1. Which is the most demanding and dangerous training?

Generally, trainings in the role of combat are comparatively more physically demanding while that of non-combat role are more mentally demanding.

Please refer to the following website for more details about Basic Military Training (BMT) and other training related information:

<https://www.cmpb.gov.sg/web/portal/cmpb/home/life-in-ns/saf/basic-military-training>

2. How exhausted will they be after training?

It really depends on individual's physical condition prior to enlistment and how quickly he adjusts himself to the training regime. In camp, the SAF will ensure they get at least 7 hours of rest if there is physical training the next day.

https://dsta.gov.sg/docs/default-source/dsta-programmes/pioneer_nov11.pdf?sfvrsn=2

3. During BMT, can they still stay awake during Sunday worship service or Saturday fellowship messages?

They can if they love to hear God's Word and prepare themselves by getting sufficient rest.

4. What if they have to miss church due to training or duties?

They should train and perform their duties with joy and diligence as unto the Lord.

Some Bible verses to encourage your sons include Colossians 3:23-24.

Payment

1. Will SAF cover them with insurance?

Yes, SAF covers S\$150,000 Group Term Life and S\$150,000 Group Personal Accident insurance coverage during the terms of service.

Please refer to the following website for more details:

<https://www.aviva.com.sg/en/mindef-and-mha/mindef-group-insurance/>

2. Do we have to top up this insurance?

This depends on your financial ability as the Lord enables.

NS Ministry

1. How does the NS ministry help and support them?

The NS ministry meets once a month for sharing, prayer and fellowship over lunch. All Pre-Enlistee and young man in Full-Time National Service are encouraged to join us. We also hold an NS Meeting every quarterly to exhort, interact and encourage Pre-Enlistees prior to their enlistment.

All parents, Pre-enlistees and Full-Time National Service men are welcome to join us to mutually encourage and fellowship one with another.

2. What avenues are available for them to grow spiritually while in NS?

They should continue to attend Sunday worship, Youth Fellowship, NS Prayer Meetings and other Bible studies. On their own, they must keep up with their daily Quiet Time when even training permits.

Continue to have family devotion at home.

3. What should I do to help if my son is facing difficulties in NS?

Share relevant Bible passages with him and encourage him with God's Word. Assure him of God's abiding and pray with him. He can also contact members of the NS Ministry Committee who can provide advice on the ways to resolve the difficulties.

For all other SAF related queries, please access:
<https://www.cmpb.gov.sg/web/portal/cmpb/home/parents-guide>

CONTACTS

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MEETINGS

Monthly NS Prayer Meeting:

2nd Sunday, 1.15pm - 1.45pm, #03-06

Quarterly NS meeting:

3rd Sunday of Mar / Jun / Sep / Dec,

12.15pm - 1.15pm,

Level 3 Sanctuary cryroom