

## 4Ws for Week 47, 19 - 25 Nov 2018

### **WELCOME (10-15minutes)**

Choose one of the following icebreakers:

*(If you have first-time guests, begin with a round of introduction and warmly welcome the new visitors.)*

#### **1. Describe Our Cell Group**

Divide the cell group into smaller groups. Give the groups 10 minutes to discuss and come up with a *word* to describe the cell group. Each small group will appoint one representative to share and explain the group's choice of words.

#### **Examples of Words:**

- Committed
- Funny
- Adventurous

#### **2. What If ....**

Pass a pen and a card to each person for him/her to write a "What if" question on the card. Collect all the cards, shuffle the cards and distribute one card to each member. Each person thinks through the answer to the "What if" question on his/her card and shares the question and answer with the rest.

#### **Examples of random questions:**

- What if you could travel through time?
- What if you could talk to animals?
- What if you had wings to fly?

**Materials Needed:** A5 paper or cards and pens for each participant.

#### **Transition to Worship:**

*All glory belongs to You, O Lord. As we celebrate Your glory, we pray Your glory will fall upon us and upon this gathering venue. Be manifest in our midst, O Lord as we worship You in Your Word.*

### **WORSHIP (15-20 minutes)**

You may use the following suggested worship songs:

- 1) Glory (C)
- 2) Forever (D)
- 3) Worthy Of It All (E)
- 4) Resurrecting (G)

Do give some time to wait upon the Lord for the ministry of the Holy Spirit. Encourage the release of the gifts of the Holy Spirit - words, visions, tongues and interpretation of tongues - to minister to the people who are present.

#### **Transition to Word:**

*Lord Jesus, You are truly the resurrected King. Your resurrection power has given us all that we need to live victoriously for You. By Your resurrection power, and the indwelling presence of Your Holy*

*Spirit, cause Your Word now to reside deep in our souls and spirits, as we seek to glorify Your name.  
Amen*

## **WORD (40-45minutes)**

### **Memory verse of the week: 2 Chronicles 16:9a (NIVUK)**

For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him.

### **Sermon Title: Rest**

**By Rev Daniel Khong**

**on 17-18 Nov 18**

### **Scripture Passage: Matthew 11:28 - 30 New International Version - UK (NIVUK)**

<sup>28</sup> 'Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.'

### **Introduction**

God is our Creator, and has created us for good works.

[Ephesians 2:10 - For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.]

Our Creator also is a God of balance; and He has also instituted the Sabbath rest for His people.

[Exodus 20:8-11 -<sup>8</sup> 'Remember the Sabbath day by keeping it holy. <sup>9</sup> Six days you shall labour and do all your work, <sup>10</sup> but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup> For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.]

God instituted the Sabbath REST for a purpose – for our welfare and to make us more effective for Him, for in that REST, we find:

Restoration – which replenishes, rejuvenates and revitalizes us (body, soul and spirit)

Enablement – which causes us to achieve more

Satisfaction – which is the Joy of work done well and excellently

Trust – which leads to, and is the outcome of, REST

### **Discovery and Understanding Questions: (15 minutes)**

**Q1.** List the four types of rest.

**A1.** The four types of rest are:

- I. Physical Rest
- II. Mental Rest
- III. Emotional Rest
- IV. Spiritual Rest

**Q2.** Discuss the place and importance of rest that God places in the lives of His children.

Hebrews 4:9-11 (NIVUK) <sup>9</sup> There remains, then, a Sabbath rest for the people of God; <sup>10</sup> for anyone who enters God's rest also rests from their works, just as God did from his. <sup>11</sup> Let us,

therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Mark 6:30-31 (NIVUK) <sup>30</sup> The apostles gathered round Jesus and reported to him all they had done and taught. <sup>31</sup> Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' <sup>32</sup> So they went away by themselves in a boat to a solitary place.

Psalms 23:2-3 (NKJV) <sup>2</sup> He makes me to lie down in green pastures; He leads me beside the still waters. <sup>3</sup> He restores my soul...

Matthew 23:29 (NIVUK) Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

**A2.** God desires that His children rest; He encourages rest and even makes His disciples rest. He wants His children to not only rest, but to learn to rest *in Him*.

**Q3.** Discuss the picture of rest that you see in this Scripture text

Mark 4:36-40 (NIVUK) <sup>36</sup> Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. <sup>37</sup> A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. <sup>38</sup> Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, 'Teacher, don't you care if we drown?' <sup>39</sup> He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm. <sup>40</sup> He said to his disciples, 'Why are you so afraid? Do you still have no faith?'

**A3.** Rest is the ability to leave things and let things be, to achieve a state of calmness. It is peace and inner strength in the midst of turmoil. It is trust that God will take care of the storms in our lives. It is faith that God is with us during the storms.

### **Application Questions: (30 minutes)**

Break into smaller groups, share, pray and minister to one another.

**Q1.** Reflect on your life:

- a) What are the things/events that cause you to be restless?
- b) How do you rest, that is, what do you do to rest?

**Q2.** *Rest time is not waste time. It is economy to gather fresh strength. It is wisdom to take occasional furlough. In the long run, we shall do more by sometimes doing less. - Charles Spurgeon.*

Share one thing you will do this week to ensure you get rested. Start to plan a Sabbath day of rest in your weekly schedule.

**Q3.** How do you define spiritual rest? Are you rested spiritually? Share what you will do to achieve spiritual rest?

### **Family Altar Time (F.A.T.)**

(Cell Leader: Encourage your members to be faithful in keeping the weekly F.A.T. and refer them to this segment of the 4Ws for suggestions for their F.A.T. A possible time for the F.A.T. is after a meal together, say during the weekend.

Use any of the icebreakers in the WELCOME segment above and select worship songs that are meaningful to your family. If they are old enough, ask your children to select the songs and lead worship, and take this opportunity to teach them skills in waiting on God, praying, and leading with a servant's heart and as a willing vessel for God.

After worship, you may wish to:

- 1) Discuss last Sunday's Family Bible Study in the Living Life journal, or
- 2) Review your children's take-home materials from GKidz, or
- 3) Review and discuss this week's memory verse, or
- 4) Have one member read Matthew 11:28-30, another read Exodus 20:8-11, and another, Hebrews 4:9-11.

Familiarize yourself with the Introduction and Discovery Questions sections of the WORD segment above and lead in the following discussion.

In our fast-paced and highly cyber-connected society, it is very difficult to rest. But God sees rest as so important that He set aside a day of rest each week and commanded us not to work on that day but to rest.

**Question: Why is it so important to rest regularly?**

*[Let your family members share their views freely. Some answers you can expect include: the body cannot go on working non-stop; we need the rest, otherwise we will fall sick; in order for the body, soul and spirit to recharge and be refreshed; in order for us to become more productive; to have a change of activity; so we can learn to trust God to provide and to care for us even when we are not working.]*

**Question: Why is it sometimes so hard to get enough rest?**

*[There are deadlines to meet; work assignments never seem to end; we try to rest but fail to because we are anxious and worried; there are more interesting and exciting things to do; we are "addicted" to work; we are so well connected electronically that we get work instructions and interactions non-stop throughout the day, even during rest time.]*

**Question: What must we do in order to get enough rest?**

*[Be convinced of the importance of and need for rest; recognize that there is no end to work; be clear and realistic about how much rest you need each day/week and set a goal for how much rest we want and work towards it; plan a schedule and discipline ourselves to work more efficiently and effectively during working hours; trust God and commit your fears and worries and any unfinished work to Him; turn off electronic devices during rest time.]*

End by praying for each other, especially if there are tight deadlines and important projects and assignments that may cause worry and anxiety and prevent you from getting enough rest. Pray also for the salvation of pre-believing family members, relatives and friends.

### **Transition to Works:**

*God gets us to rest so that we can go the extra miles. As we rest, we also want to learn to trust in Him. Let's continue to commit our 3x3 prebelievers to Him and rest in His love for them as we try to reach out to them.*

### **WORKS (15-25 minutes)**

#### **1. 3x3 Prayer**

Ask the Holy Spirit to reveal the strongholds that bind the people. Ask Him to set divine appointments for us to minister His power over them (words of knowledge, healing, helps, etc.).

Pray for one another for boldness, courage and obedience to follow through.

## 2. Christmas Harvest 2018

Start planning and training members for the Christmas Cell Harvest.

Make a list of all your potential invitees and start a programme of praying for each of them.

Train members to share short stories of God's goodness in their life as follows:

- i. Pray and identify moments where God had made a difference in their lives according to the weekly themes such as: 'Joyful', 'Wonderful', 'Grateful/Thankful', 'Fruitful', 'Purposeful', etc.
- ii. Write and share this thanksgiving during cell meetings to practice.
- iii. Find 1 person a week to share their Thanksgiving. As an option, have them share their thanksgiving at your year-end Christmas Party.

*Refer to the Christmas Manual Appendix G – "Thanksgiving Sharing" for pointers on crafting out your thanksgiving.*

Thanksgiving theme:

- **November, Week 3: Grateful/Thankful** – Think about and share something God has done for you/an event that you are grateful/thankful for.

(You can download the Christmas Harvest Manual at this link -

[https://www.fcbc.org.sg/sites/default/files/pdf/christmas\\_party\\_2018\\_manual\\_english\\_v3.pdf](https://www.fcbc.org.sg/sites/default/files/pdf/christmas_party_2018_manual_english_v3.pdf)

## 3. Inviting Friends to our Services

Continue to encourage one another to invite pre-believing friends to our weekend Services.

Make time to listen to 'The Voice of God' for prophetic utterances that speak to our pre-believing friends' circumstances as a prelude to inviting them. In addition, take some time to discuss, plan an activity and pray toward achieving the goal you have set as a cell.

## 4. Consolidation of New Converts

Consolidate those who have accepted Christ - contact them via phone calls; meet up with them over a meal; make house visits; introduce them to members of the cell and invite them to fellowship with the faith community during cell meetings and celebration Services. Make them feel belonged.

Introduce them to **LifeClass**. **LifeClass** is an exciting package of equipping that guides new believers through the foundations of their faith and leads them into a life-transforming encounter with Jesus. It does this through nine weeks of personal study, combined with fun and interactive classroom sessions of Bible teaching and an Encounter Weekend. It replaces the former Pre-Encounter Class, Encounter Weekend and Post Encounter. Please check out the Equipping page at our website or Mobile App. Visit <https://fcbc.org.sg/equipping/event-listing> for more details.

## Announcements:

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