

4Ws for Week 2, 7-13 Jan 2019

WELCOME (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. Hopes and Fears

Prepare: Two colours of note pad.

- a. Ask each member to take one piece of the note pad of the first color. Have them write his or her greatest *hope* (for this year, this project, this quarter, this season, etc.)
- b. Distribute the second color of note pad with the instruction for each individual to write down the greatest *fear* (for this year, this project, this quarter, this season, etc.)
- c. Crumple up the note pads. At the count of three, everyone throws his/her crumpled notes to the center of the group. Then everyone randomly picks up one note of each color.
- d. Each member take turn to read the *hopes* first, before reading the *fears*.

2. Memories in a Hat

Prepare: Post-It pad and a hat/bowl.

- a. Have the group sit in a circle and give each member 3 yellow sticky notes or small pieces of paper, and a pen or pencil.
- b. Tell them to write down their fondest personal memory of 2018 on each note without including their name, fold it, and drop it into a hat (or a container).
- c. Shake them up and draw the notes out randomly. Read each note aloud and have the group guess to whom it belongs.
- d. Some suggestions you might provide for the group to jolt their memories are: Work experiences, personal growth, overcoming a challenge, healing of a sickness, salvation of family members and cultivating a healthy habit.

Transition to Worship:

Let us spend some time thanking God for 2018 as we reflect and remember the faithfulness and goodness of God. As we enter 2019, let us always hold on to the truth that we can always be thankful and give thanks in all circumstances!

WORSHIP (20 minutes)

You may use the following suggested worship songs:

- 1) Glory (C)
- 2) Forever Reign (E)
- 3) What A Beautiful Name (D)
- 4) Great Are You Lord (D)

Be sensitive in waiting upon the Lord for the ministry of the Holy Spirit. Encourage members to seek the Lord and by faith exercise the gifts of the Holy Spirit through prophetic utterances for the purpose of ministering to all who are present.

Transition to Word:

Holy Spirit, you are our great Teacher. Open our mind to comprehend your Word and our heart to receive your teaching. We commit ourselves to you and allow your word to teach and transform our lives so that we are more and more like Jesus. In His name we pray! Amen.

WORD (45minutes)

Memory verse of the week: Mark 3:35

“Whoever does God’s will is my brother and sister and mother.”

Sermon Title: Cultivate – Grit

By DSP Rev Daniel Khong

on 5-6 Jan 19

Scripture Passage: James 1:2-4 (NIVUK)

² Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Joshua 1:9 (NIVUK)

⁹ Have I not commanded you? Be **strong** and **courageous**. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.’

Last week Ps Roland preached about gratitude, and truly gratitude is something that we must have in our life. Even if last year was full of immense challenges, we must cultivate a spirit of gratitude to appreciate the past. As we enter the New Year, DSP Daniel Khong brought us a message to remind us that we must cultivate a spirit of grit so that we can eagerly anticipate the future.

What is Grit? Grit is courage and resolve; strength of character.

The 2 qualities that God wants to empower us so that we can face adversities with grit are:

- 1. Strength to Endure It.**
- 2. Courage to Embrace it.**

Discovery and Understanding Questions:

Q1. We often talk about how Jesus was someone full of grace, but we seem to neglect that He was a man full of grit. Grace led Jesus to the cross. But what kept Jesus on the cross?

A1. It was the grit to persevere that kept Jesus up on the cross. Jesus had to endure and persevere while He was on the cross. It was strength from God that He drew from. Even in the moments leading up to the cross, whether it’s Him being tortured or carrying the cross through the streets, He had to have the grit to enable Him to endure and persevere.

Hebrews 12:1-2 (NLT)

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God’s throne.

Luke 22:42-43 (NLT)

⁴² “Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” ⁴³ Then an angel from heaven appeared and strengthened him.

Q2. Embrace means to accept willingly and enthusiastically. How can we go through hardships and challenges by accepting them willingly and enthusiastically? Is it even possible?

A2. Let’s refer to the passage in [James 1:2 - Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds.](#) (NIVUK)

The Bible says that we must consider it pure joy and see our hardships and challenges as opportunities for great joy. In some sense, we should welcome these challenges and hardships and embrace them. Jesus came and showed us this way of living. He Himself prayed that whatever He had to do could pass Him by, but He said the few words that took the most courage to utter, “**Not my will but Yours be done.**” Jesus surrendered all controls to God. He chose to believe in the outcome which was opportunity for great joy!

“While other worldviews lead us to sit in the midst of life’s joys, foreseeing the coming sorrows, Christianity empowers its people to sit in the midst of this world’s sorrows, tasting the coming joy” – Timothy Keller

To embrace would mean we are looking at all the challenges that we will be facing in 2019 and say “**LET’S DO THIS**”.

Application Questions:

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

Q1. The United States Navy SEALs have a really famous tagline which is actually their motto: “The only easy day was yesterday.” This means that life only becomes more and more challenging. Are you already facing a ridiculous challenge even at the start of 2019 and do you feel a sense of hopelessness? Share.

Q2. If the church (you and I) are not called to be a sampan or a museum ship but to be out like a battleship in the deep waters where God is calling us to, how then can we cultivate the grit of strength to endure and of courage to embrace in 2019?

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 either of the two 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 person read James 1:2-4, another read Hebrews 12:1-3, and another, 1 Peter 4:12 and Deuteronomy 31:6.

With reference to the **Introduction** and the **Discovery and Understanding Questions** of the **WORD** segment above, lead in the following discussion.

Question: Share one difficult experience you've had that helped you to grow.

[Let your family members share freely. The challenging experience could be from a study or work assignment, a relationship problem, a health issue or a personal struggle. Point out to your family members that the difficult experience had caused them to mature and become more complete (c.f., James 1:2-4). If, however, they had not persevered through, they would not have found the joy that comes only at the end of overcoming that difficulty.]

Question: Was going to the cross easy or difficult for Jesus? How does Jesus' experience relate to your experiences of facing challenges?

[Let your family members share freely. Then explain that it was difficult for Jesus, as can be seen from the fact that Jesus was in agony when He prayed in Gethsemane, and He asked if the Father would release Him from the experience of going through the cross, and an angel had to be sent to strengthen Jesus (Luke 22:42-44). Hebrews 12:2 also tells us that Jesus had to "endure" the cross, meaning it was not an easy experience. In spite of that, Jesus was able to embrace the cross because He had His eyes beyond the cross, on the "joy set before Him" (Hebrews 12:2), and because He was strengthened by the angel God sent to help Him (Luke 22:43). In the same way, we might struggle when facing challenges, but God would reward and help us, just as how He did it for Jesus.]

Question: What are some truths that give us courage to embrace challenges?

[Let your family members share freely. Firstly, God has given us a spirit which is the opposite of fear – that of power, love and self-discipline (2 Timothy 1:7-8). Secondly, He has promised to be with us (Deuteronomy 31:6, Hebrews 13:5b). Thirdly, challenges are nothing strange – they are to be expected (1 Peter 4:12) and are for our ultimate good (James 1:2-4).]

Question: What challenges do you anticipate in 2019 that you are fearful of or wish you do not have to face?

End by praying for each other, with the answers to the preceding question in mind, that we would have the strength to endure the challenges and courage to embrace them. Pray also for the salvation of pre-believing family members, relatives and friends.

Transition to Works:

We have just learned through today's lesson to cultivate grit in our life. Let's apply courage and receive confidence that God will strengthen us in our outreach efforts.

WORKS (15minutes)

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. Inviting Friends to our Services

Continue to encourage one another to invite pre-believing friends to our weekend Services, especially those who attended our recent Cell Christmas Party. 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.

3. 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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