

## 4Ws for Week 8, 18 - 24 Feb 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. Shake it Off

Prepare: Post-it Pads, pencil/pen, uplifting music

1. Everyone will be given a few post-it pads
2. On this post-it pads, write down any negative emotions or feelings that might have been bothering you since the start of the year
3. Ask someone to stick the post-pads on your back
4. When the music plays, everyone is to shake their bodies rigorously until all the post-it pads have fallen off!

#### 2. Mixed Feelings

Prepare: A packet of Skittles or M&Ms

1. A bag of Skittles/M&Ms will be passed around and everyone is to pour out a few into their hands
2. Based on the colour one has picked, they will have to share...
  - a. Brown/Red – One thing that makes them happy
  - b. Orange – One thing that makes them sad
  - c. Green – One thing that makes them angry
  - d. Yellow – One thing that makes them excited
  - e. Blue/Purple – One thing that makes them afraid
3. One sharing for each colour picked!

#### Transition to Worship:

*Despite how 2019 has begun for you, God has a purpose and a hope for all of us. We can trust Him with our tomorrow because He holds tomorrow in His hands!*

### WORSHIP (20 minutes)

You may use the following suggested worship songs:

- 1) Glorious Day (G)
- 2) Forever (D)
- 3) You Are Faithful (G)
- 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:

*Heavenly Father, we thank you for the Grace and Mercy that you have shown in our lives. Thank you for teaching us through the example of your Son Jesus on how we should live. We thank you for all that you have brought us through, that we can trust in You for the present and know that you hold*

*the future in your hands. Strengthen us, help us grow and teach us to be more like you. In Jesus name! Amen.*

### **WORD (45minutes)**

#### **Memory verse of the week: Mark 15:39 (NIVUK)**

And when the Centurion, who stood there in front of Jesus, saw how he died, he said, "Surely this man was the Son of God!".

#### **Sermon Title: I've Got A Feeling**

**By Rev Daniel Khong**

**on 16-17**

**Feb 19**

#### **Scripture Passage:**

##### **John 11:1-7 (NIVUK)**

<sup>1</sup> Now a man named Lazarus was ill. He was from Bethany, the village of Mary and her sister Martha. <sup>2</sup> (This Mary, whose brother Lazarus now lay ill, was the same one who poured perfume on the Lord and wiped his feet with her hair.) <sup>3</sup> So the sisters sent word to Jesus, 'Lord, the one you love is ill.' <sup>4</sup> When he heard this, Jesus said, 'This illness will not end in death. No, it is for God's glory so that God's Son may be glorified through it.' <sup>5</sup> Now Jesus loved Martha and her sister and Lazarus. <sup>6</sup> So when he heard that Lazarus was ill, he stayed where he was two more days, <sup>7</sup> and then he said to his disciples, 'Let us go back to Judea.'

##### **John 11:17-36 (NIVUK)**

<sup>17</sup> On his arrival, Jesus found that Lazarus had already been in the tomb for four days. <sup>18</sup> Now Bethany was less than two miles<sup>[b]</sup> from Jerusalem, <sup>19</sup> and many Jews had come to Martha and Mary to comfort them in the loss of their brother. <sup>20</sup> When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. <sup>21</sup> 'Lord,' Martha said to Jesus, 'if you had been here, my brother would not have died. <sup>22</sup> But I know that even now God will give you whatever you ask.' <sup>23</sup> Jesus said to her, 'Your brother will rise again.' <sup>24</sup> Martha answered, 'I know he will rise again in the resurrection at the last day.' <sup>25</sup> Jesus said to her, 'I am the resurrection and the life. The one who believes in me will live, even though they die; <sup>26</sup> and whoever lives by believing in me will never die. Do you believe this?' <sup>27</sup> 'Yes, Lord,' she replied, 'I believe that you are the Messiah, the Son of God, who is to come into the world.' <sup>28</sup> After she had said this, she went back and called her sister Mary aside. 'The Teacher is here,' she said, 'and is asking for you.' <sup>29</sup> When Mary heard this, she got up quickly and went to him. <sup>30</sup> Now Jesus had not yet entered the village, but was still at the place where Martha had met him. <sup>31</sup> When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there. <sup>32</sup> When Mary reached the place where Jesus was and saw him, she fell at his feet and said, 'Lord, if you had been here, my brother would not have died.' <sup>33</sup> When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. <sup>34</sup> 'Where have you laid him?' he asked. 'Come and see, Lord,' they replied.

<sup>35</sup> Jesus wept.

<sup>36</sup> Then the Jews said, 'See how he loved him!'

#### **Introduction**

There is a stark difference between "you cannot live by feelings" vs "you cannot have feelings"

It is normal to have feelings and they are part and parcel of life. The word of God constantly talks about emotions as well as how we can deal with them. There are two truths we must know in order to better deal with our emotions.

What must we know in order to better deal with our emotions?

1. **Feelings are real, but they may not reflect reality**
2. **Feelings are sticky, but they can be surrendered**

### **Discovery and Understanding Questions:**

**Q1. Did Jesus really love Lazarus and Martha? If he really did, why didn't he rush back to heal Lazarus and/or why did he stay on for another 2 days before going back to Judea?**

**A1.** It is very easy for us to read this passage of scripture and have the immediate thoughts that Jesus did not care about Lazarus as there didn't seem to be a sense of urgency to address his illness. But let us recap the first point of this sermon – feelings are real but they may not reflect reality.

#### **John 11:4 (NIVUK)**

<sup>4</sup> When he heard this, Jesus said, "This sickness will not end in death. No, it is for God's glory so that God's Son may be glorified through it."

#### **John 11:15 (NIVUK)**

<sup>15</sup> And for your sake I am glad I was not there, so that you may believe. But let us go to him.

The reality here is, Jesus was indeed being deliberate to wait to head back to Judea, but it was not because He did not love Lazarus and Martha, but it was done to establish the sovereignty of God in the entire situation. The delay of Jesus led to the death of Lazarus but it also led to the Miracle of Jesus which led to faith and the salvation of many (John 11:45)

Sometimes in our own personal circumstances, we feel horrible and we start wondering why Jesus does not come to save us. Let us not allow our feelings to direct our actions, but let us continue to proclaim the sovereignty of God as the reality in the situation and know with certainty that the situation that we are facing can and will be used by God! God is in control!

**Q2. Is it possible to say that I truly believe in what God has in stored for me, yet at the same time I feel emotional and upset about the situation that I am facing?**

**A2.** Let us recount what Mary and Martha faced. They were grieving the loss of their brother Lazarus – who has already been in the tomb for 4 days before Jesus showed up. What was their response to Jesus?

#### **John 11:21-22 (NIVUK)**

<sup>20</sup> When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home. <sup>21</sup> "Lord", Martha said to Jesus, "If you had been here, my brother would not have died. <sup>22</sup> But I know that even now God will give you whatever you ask."

#### **John 11:27 (NIVUK)**

<sup>27</sup> "Yes, Lord," she replied, "I believe that you are the Messiah, the Son of God, who is to come into the world."

There are two things we can observe from this. The grief is very real and it hits hard. I believe Mary stayed at home because she was overwhelmed with grief and was not ready to meet

anyone at that moment. (However we need to understand that Mary still had her full trust in Jesus – more on that in the next part)

Second, when Martha met Jesus, her first response was not one of admonishment or disbelief. Her immediate response was one that reflected a complete trust in who Jesus is and His identity.

Were Mary and Martha feeling upset with their loss? They definitely were. There is little evidence to show otherwise. But from the same account we can also see the consistent faith in Jesus being displayed by Martha.

What we can learn here is that while one can be upset and emotional, we do not allow the feelings that we have to prevent us from seeing the hope and the joy that is right before us.

### **Application Questions:**

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

- Q1.** Has there ever been a moment in your life you felt so upset about something or someone, yet you suppressed that feeling? How did that work out for you?
- Q2.** God wants us to be led by His Truth and not by our feelings. Is there currently a situation in your life where you feel tempted to resolve in your own way? What steps can you take to resolve the situation God's way?

### **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 icebreakers #1 or #2 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 ([www.fcbc.org.sg/youthchildren/gkidz/parents](http://www.fcbc.org.sg/youthchildren/gkidz/parents)), or
- 3) Review and discuss this week's memory verse, or
- 4) Have one person read John 11:1-7 and 17-36; another person to read Matt 11:28-30 and another person to read Psalm 139:23-24

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

**Question: "Feelings are real, but they may not reflect reality." Do you agree with that statement? Why, or why not? Can you elaborate with examples from your own life?**  
*[Let your family members discuss freely. Share situations when you experienced strong feelings, and how things eventually turned out. These could be times when you felt hopeless, grief or great anxiety but things subsequently ended on a positive note. On the other hand,*

*these could be times when you felt hopeful and a buoyancy in your spirits but the outcome was dismal. These could also be times when your emotions reflected reality. Explain that God does not forbid us from having feelings. In fact, God Himself is full of emotions (cf. John 11:33, 35, Gen 6:6). We express our feelings as a response to the situations around us, just as Jesus wept in response to the sadness around him and when He saw Lazarus' body. At the same time, Jesus was aware of God's sovereignty – Lazarus will be brought to life (cf. John 11:4). In the same way, God, and not our feelings, is the One who is in control of our lives.]*

**Question: "Feelings are sticky, but they can be surrendered." Under what circumstances would your feelings stick to you? What can you do, if you wish to be set free from them?** *[Let your family members share freely. We may be holding onto both positive and negative emotions – joy, fulfillment and a sense of pride; anger, bitterness and unforgiveness; sadness, guilt and grief. Emotions come back each time we recall the memory of the incident that caused it. For emotions which we want to be set free from, we can go to God, and surrender them to Him the way some in the bible have shown us, for example Jeremiah in the book of "Lamentations". This could be something we need to do again and again. We also need to ask God to check our hearts (cf. Psalm 139:23-24), for every emotion, even positive ones, as our hearts are deceitful. Over-indulgence in positive emotions arising from external circumstances or our flesh could cause us to become prideful and exalt ourselves above God, or cause us to drift away from God. Instead, we need to learn to give all glory to God and continue to depend on God for inner peace, contentment and delight. Our feelings, whether good or bad, should be sanctified for the glory of God.]*

End by praying for each other, that we will live by the reality of God's sovereignty instead of our feelings, and constantly surrender our feelings to God. Pray also for the salvation of pre-believing family members, relatives and friends.

### **Transition to Works:**

*We have just learned through today's lesson that while troubles will not disappear from our lives, we can still choose to exercise true gratitude and be thankful for all that God has done for us. When we do so, we can make sense of all that we have gone through, gain peace for today and have a vision for the future!*

### **WORKS (15minutes)**

1. **幸福小组 (XFXZ) – Preparation Session 2: A Happiness Group that wins souls (18-24 Feb)**
  - Practice preaching the gospel.
  - Continue praying in unity as one for your 'Best' to experience the power of the gospel.
  - Build relationship with your 'Best'. Look for practical ways and find an opportunity to express care. Send little gifts to express your thoughts and care.
  - Confirm the list of your 'Best'.
  - Check and confirm what happened in last week's attempt to build relationship with your 'Best'.
2. **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.
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. Connecting with your pre-believer friends**

Create opportunities to do so - invite them for lunch/dinner/to go for a show; offer to babysit; buy groceries for them; buy them birthday gifts; do special things to make them feel loved and honored.

**5. 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:**

Please visit <https://www.fcbc.org.sg/bulletin/> or our FCBC app for more details.