

## 4Ws for Week 9, 25 Feb - 3 Mar 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. Tie and untie the knots

Prepare: 2 handkerchiefs (with different colours, sizes or designs)

- I. Have everyone sit in a circle
- II. The leader will hand one of the members a handkerchief. The member starts the game by tying two knots on the handkerchief and pass it to the person on his/her right. The person who took the handkerchief now has to untie the 2 knots on the handkerchief before passing it on to the next person on his/her right. This 3<sup>rd</sup> person now has to tie 2 knots on the handkerchief and pass it to the next person. The tying and untying of knots repeats.
- III. By the time the handkerchief reaches the 5<sup>th</sup> person, the leader is to start passing the 2<sup>nd</sup> handkerchief from the same first member. But with the 2<sup>nd</sup> handkerchief, the member needs to tie only 1 knot before passing to the next member who will untie the one knot. This passing on of the 2<sup>nd</sup> handkerchief is faster than the first one and the aim is for the 2<sup>nd</sup> handkerchief to “catch up” and “chase” after the 1<sup>st</sup> handkerchief.
- IV. The member who found himself/herself landed with 2 handkerchiefs will have to do a simple forfeit (e.g. do 3x frog jump, a simple dance or sing a song). The excitement of the game is when the 2 handkerchiefs are getting very close and the members are trying to complete the task without getting forfeited.
- V. Repeat the game 2-3 times. Have fun!

#### 2. Lifelines

Prepare: A sheet of A3 paper with a long “lifeline” drawn across it.

Each member marks dates on the line to represent the highs, lows, significant events, turning points, etc. of his/her life to date. (Can also project the future). Each date should be labeled to help explain it.

Have a good time in sharing the ups and downs of each other’s lives. In closing, recognize that these events are part of our lives and affirm that we are precious in God’s eyes.

#### Transition to Worship:

*Trust everyone had a fun time sharing our life stories. Know that Our God is a Great and Awesome God who loves us and desires the best for us. Hence, we can trust Him with our past and our future, our good and bad, and even the knots in our lives, for He alone can do exceedingly and abundantly beyond what we ever hope or imagine! Let’s worship our God! Hallelujah!!!*

### WORSHIP (20 minutes)

You may use the following suggested worship songs:

- 1) Forever Reign (E)
- 2) Friend Of God (G)
- 3) Great Are You Lord (D)
- 4) Build My Life (D)

Wait upon the Lord and allow the Holy Spirit to speak to everyone who hungers for His presence. Encourage the release of words, visions, tongues and interpretation of tongues - to minister to the people who are present.

### **Transition to Word:**

*Dear Lord, we thank you for your presence among us. Thank you for your grace in saving us while we were yet sinners. Open our hearts to receive your word and change us to be more and more like Jesus. Strengthen and help us grow and teach us to put your word into action. In Jesus name, Amen!*

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

#### **Memory verse of the week: Titus 2:11 (NIVUK)**

For the grace of God has appeared that offers salvation to all people.

#### **Sermon Title: Let Go**

**By DSP Rev Daniel Khong**

**on 23-24 Feb 19**

#### **Scripture Passage: Hebrews 11:22 (NLT)**

<sup>22</sup> It was by faith that Joseph, when he was about to die, said confidently that the people of Israel would leave Egypt. He even commanded them to take his bones with them when they left.

#### **Introduction**

We read the story of Joseph in Genesis 37, 39 and 40. He was someone who struggled a lot. He faced setback after setback, yet he remained confident in God to fulfil his dreams.

A quick summary of what Joseph went through:

- He was betrayed and attacked by his brothers.
- He was sold into slavery and taken away from his homeland.
- He was framed by his master's wife.
- He was thrown into prison.
- He was forgotten by the cupbearer whom he helped while in prison.
- He was imprisoned for over 2 years.

Even in the darkest moments of his life, he walked by faith and continued to be confident. The only reason Joseph was able to do all that was because he was able to **“Let Go”**.

What must we let go in order to grow? We can learn 2 things from Joseph's life.

1. **Let go of our Trauma**
2. **Let go of our Treasure**

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

##### **Q1. How do we know Joseph had let go of all of the traumas he had gone through?**

**A1.** The way Joseph responded to his brother tells us that he has let go of all the bad experiences. As much as he tested his brothers when he met them, he had evidently let go of what had happened and bore no ill will towards them. Consider Genesis 45:4-5.

#### **Genesis 45:4-5 (NLT)**

<sup>4</sup> “Please, come closer,” he said to them. So they came closer. And he said again, “I am Joseph, your brother, whom you sold into slavery in Egypt. <sup>5</sup> But **don't be upset, and don't be angry** with yourselves for selling me to this place. It was God who sent me here ahead of you to preserve your lives.

It should have been Joseph's brothers telling him not to be upset or angry. Instead, Joseph was the one saying that. This was because Joseph had let go of his trauma, and that was something Joseph consistently did.

**Q2. "Letting go of our treasure isn't about losing it. It's about entrusting it to God." How do we see this statement demonstrated in the life of Joseph?**

**A2.** If Joseph had held on to his treasure (his dreams) so tightly and refused to let them go. Perhaps he might have tried to escape and fight against the Ishmaelites. As a result, he might have been killed by those traders or perhaps sold off elsewhere. Imagine if Joseph tried to fight against Potiphar's wife who tried to frame him. It might have made Potiphar even angrier because he would be saying that she was unfaithful to him and Potiphar might have just called for Joseph's immediate execution. When Joseph was in prison, he could have tried to figure out some escape. Or he could have just become so filled with anger and kept clanging on the prison bars about how this is not his destiny and what he was supposed to do. He could have made such a fuss and maybe they would have put him in some isolated cell instead and he would not have met the cupbearer. Joseph could have taken revenge against his brothers for their wicked scheme but he chose to let go of his earthly treasure and let God take control of his life. The more he let go of his treasure, the more things came full circle and he experienced those dreams where his family bowed down to him.

### **Application Questions:**

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

Consider the quote: "Let God have your life, He can do more with it than you can." - D.L. Moody and discuss:

**Q1.** What are some traumas you struggle to let go? Allow the Holy Spirit to surface some traumas which you may not be aware of and pray for the blood of Jesus to heal and let go.

**Q2.** Are there treasures in your life that has gotten a hold on you? How can you confidently let go of your treasures like Joseph?

### **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 Matt 11:28-30, another to read Luke 9:23-24 and another to read John 16:20 and Rom 8:28.

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

**Question: What are some things that get you down?**

*[Let your family members share freely. Share the story of Joseph from Gen 37-50 – how he was nearly killed by his brothers but subsequently sold into slavery; then he was framed, imprisoned and forgotten. Each one of us could have our own stories of discouragement and disappointments and for some of us, it could be traumatic.]*

**Question: What are some dreams or hopes that you have?**

*[Let your family members share freely. Share from the story of Joseph again – as a youth, he dreamt that he would be lord over his brothers and even his parents. Along the way, even as he went through his trials, there were signs that indeed, God’s favour was upon him - when he was promoted in Potiphar’s household and when he was able to accurately interpret the baker and the cupbearer’s dreams while he was in prison. Some of us may have hopes and dreams which we may not be comfortable sharing because they may sound ridiculous to others, or are too personal or precious to us. We can continue to talk to God about them as He reveals more details to us and continue to work with God to refine them.]*

**Question: Why do we need to let go of our trauma, and/or entrust our treasures to God?**

*[Let your family members share freely. We need to learn to let God carry our burdens and take on Jesus’ yoke because that will be easier for us (cf Matt 28:28-30). At the same time, we have to learn not to put our hopes on anything/anyone apart from God, even if they seemed to be treasures from Him, because God wants us to follow Him completely (cf Luke 9:23-24). As Christians, we will experience grief (cf John 16:20) and difficulties, but whatever happens to us, God’s plans for us are good (cf Rom 8:28). Similarly, even good things have to be surrendered to God as He can do much more with them than we ever can.]*

End by praying for each other, that we will be able to let go of our trauma and treasures to God. Pray also for the salvation of pre-believing family members, relatives and friends.

**Transition to Works:**

*Let Go are two simple words but hard to do at times. We can let go only when we let God rule and reign in our lives. Help us to entrust our treasure to you Lord as we avail ourselves to be a blessing to others.*

**WORKS (15minutes)**

**1. 幸福小组 (XFXZ) – Week 3: Topic 1: True Happiness (25 Feb- 3 Mar)**

- Continue praying in unity as one for your ‘Best’ to experience the power of the gospel and knowing God.
- Confirm the list of your ‘Best’.
- Prepare for the meeting. Pray half an hour before the meeting.
- Debrief with the XFXZ members on this week’s meeting.
- Continue to build relationship with your ‘Best’ and follow up after the first topic. Look for practical ways and find an opportunity to express care and encourage them to come for next week’s XFXZ.

**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.