

4Ws for Week 10, 4 - 10 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. Paper Holding

Prepare: A realm of recycled papers

1. Form into teams of three to five people.
2. By way of demonstration, ask two people from a team to volunteer and hold one sheet of paper between the palms of one of their hands.
3. Each team is challenged to assist two of their group members to hold as many pieces of paper off the ground by using only their bodies.
4. To guide fair play, announce that:
 - Only one sheet of paper can be affixed between any two body parts;
 - No adhesives can be used to hold paper to one's body;
 - Folding the paper is not permitted;
 - Each sheet of paper must be in contact with both team members; and
 - No two sheets of paper can be touching.
5. Distribute sheets of paper to each team, and announce "GO."
6. Allow up to 5 minutes and survey the results.

Leader can take a look at the video to have a better idea on how to play the game :
<https://www.youtube.com/watch?v=iV53bKvwQfs>

2. Bobbling Balloons

Prepare: Three to five inflated balloons per group.

You can divide your cell into groups of 4 or 5 members. Start with one group with one balloon. Place the rest in a pile nearby. Everyone gets close together and begins bouncing the balloon in the air. Every few seconds, add another balloon. You can keep score by how long the group can keep the balloons bouncing. Players are penalized when a balloon hits the floor. When this happens, shout the number of penalties procured. Keep the cumulative score. The game ends when the team gets five penalties. Players can play another round with the group trying to better its record.

Transition to Worship:

Wow! That was fun! I am glad everyone participated in the games. Now let us prepare ourselves to worship God with an undistracted heart. Spend some time now to remove present worries, concerns, thoughts of others and other things from our mind. Ask the Holy Spirit to help our heart, mind, soul and strength to exalt His Holy Name. He is our Great God and worthy to be praised!

WORSHIP (20 minutes)

You may use the following suggested worship songs:

- 1) Blessed Be Your Name (G)
- 2) Forever (D)
- 3) What A Beautiful Name (D)
- 4) Beautiful Saviour (E)

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:

May the Peace of God which surpasses all understanding, and which has its source from the Father, Son and Spirit be with us as we discuss His word, still our souls and join our hearts as one. May the gentle whisper of the God of peace speak to us through our reading and understanding of scripture, and be the message of our lives as we leave this place. In Jesus' name, Amen!

WORD (45minutes)

Memory verse of the week: Hebrews 4:12 (NIVUK)

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Sermon Title: What's In My Heart?

By DSP Rev Daniel Khong

on 02-03 Mar 19

Scripture Passage: Luke 10:38-42 (NIVUK)

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

⁴¹ 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things,

⁴² but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'

Introduction

The previous weekend's message was about letting go of what's in our hearts that we hold on to from material possessions, to dreams and desires, and past experiences and emotions. As Christians, we must continually come to a place of letting go of both our trauma (negative experiences), and treasures (successes).

As for last weekend's message, we learnt that if we want to know what's going on in our hearts we need ask God and not ask ourselves. In Psalm 139:23, the psalmist asks God to test him, and when we ask God, "what's in my heart", we're basically asking God to come and test our lives. It's important for our hearts to be tested because only then can we know what's in it. Like any test we've taken in life, we need someone in authority to test us. We don't test ourselves especially when it comes to the condition of the heart, as our hearts are deceitful and divided. Why is it crucial for us to ask God to test our hearts? There are two reasons:

1. Our Weaknesses Are REVEALED
2. Our Weaknesses Can Be REVIEWED

Once God reveals to us our conditions and weaknesses, we must examine and review our hearts so that we can change.

Discovery and Understanding Questions:

Q1. Explain why is it crucial for us to ask God to test our hearts?

A1. The two reason why it's crucial for us to ask God to test our hearts are:

1. Our weaknesses are revealed through these tests. We can find out what we know and what we don't know.
2. Our weaknesses can be reviewed through these tests. In this way, we are able to examine our lives and see in what area we need to change, strengthen and become more Christ-like.

Q2. What can we learn from Martha in Luke 10:38-42 and John 12:1-3, 9?

A2. From the story in Luke 10:38-42, we learnt that Martha was tested and her weaknesses revealed. She realised that there was something inside her she never knew. There was this grumbler and complainer within her that was unleashed which caused her to compare her situation to Mary's, and the root of all that was likely her stress. Like Jesus said, she had become anxious and worried. Jesus' concern was not the work that she was doing, but that her heart was worried and upset. In what she did, she lost sight of Jesus and as a result, that heart of wanting to serve and share became one of comparison and complaining against Mary. But from John 12:1-3, 9 we learnt that Martha served an even bigger crowd, yet she did not complain as she had reviewed her weaknesses and had changed.

Application Questions:

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

Psalm 139:1-3, 23-24 (NIVUK)

¹You have searched me, Lord, and you know me. ²You know when I sit and when I rise; you perceive my thoughts from afar. ³You discern my going out and my lying down; you are familiar with all my ways.

²³Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

Q1. Pray and meditate on the above passage and ask God to reveal your weaknesses. If God had revealed past weaknesses that you need to work on, share it with one another and pray that God will give you wisdom and boldness to change as you review it to see what areas you need to change, strengthen and become more like Christ.

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), or
- 3) Review and discuss this week's memory verse, or

- 4) Have one person read Luke 10:38-42, another to read Psalm 139:23-24 and another to read 2 Cor 12:7-10.

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

Qn: Which do you prefer – being taught or being tested?

[Let your family members share freely. Being taught is a more comfortable position to be in – we just need to listen and receive. Being tested requires effort on our part, and there is the chance of failing. However, unless we have been tested, we will not know whether, and how much, we have learnt.]

Qn: How have the tests which you have gone through helped you know more about God and/or yourself?

[Let your family members share freely. Share from the story of Martha, who was hosting a big group of people and busy with serving the guests. Jesus did not rebuke her for being busy and not spending time with him, which means that the work that she was doing was not the problem. What Jesus was concerned with was the condition of her heart (cf Luke 10:38-42). On Martha's part, her complaining and comparing heart was revealed when she was put under stress and pressure. Martha was being tested and this test revealed what God is interested in (her heart), and the problem with her heart (complaining and comparing). Similarly, the tests which we go through could show us God's love, goodness, power and forgiveness, or God's desire for us to be loving, good, effective in ministry, and forgiving. It could also show how unloving, wicked, ineffective in ministry or unforgiving we might be.]

Qn: How does knowing our weaknesses help us grow?

[Let your family members share freely. Share that the Christian life is one that is constantly changing because we should always be growing. No one can claim that we are already perfect. However, we can only grow from weakness to strength, so we have to first become aware of our weaknesses. Once we know where we are weak, we can work with God on strengthening ourselves in the appropriate areas. This will keep going on as God continually does a transformational work in us. Sometimes we can get discouraged because the process seemed long, endless and hopeless, but it is when we remain in the realization of how weak we are that we will continue to depend on God (cf 2 Cor 2:7-10).]

End by praying for each other, that we will embrace each test as they come, and that we will face our weaknesses boldly, and work with God to overcome them. Pray also for the salvation of pre-believing family members, relatives and friends.

Transition to Works:

Lord we pray for all the words that you have sown in our hearts today. Watch over them and protect them so that they may take root and produce wonderful things in our lives and great blessings to many. Help us to be alert to your promptings and live in your endless love. In Jesus' name we pray! Amen.

WORKS (15minutes)

1. 幸福小组 (XFXZ) – Week 4: Topic 2: The Whole Truth (4 - 10 Mar)

- Continue praying in unity as one for your 'Best' to experience the power of the gospel and knowing God.

- Re-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 second 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.