

4Ws for Week 17, 22 Apr - 28 Apr 2019

WELCOME (15 minutes)

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. Stack Them Up

Participants are introduced to engineering by working in teams of 4-6 to solve a problem. They create a tool using a string and a rubber band that could be used to stack a group of cups into a pyramid. Team members must work cooperatively to:

- Pull their strings to expand the rubber band
- Lower the rubber band around a cup
- Release the string so that the rubber band grabs the cup
- Pick up the cup to stack it
- No hands can be used to touch the cups.

Here is a video on how the game is played: <https://www.youtube.com/watch?v=N-12Xd607nw>

2. Teeth

Everyone sits in a circle. Each player chooses a fruit or vegetable. Player A says his/her fruit/veggie, then the player's fruit/veggie that they want to pass it on to... i.e. Player A says "Strawberry strawberry, broccoli broccoli". Player B then says "broccoli broccoli, carrot carrot"... and so on.

What makes this game interesting is that you can't show your teeth at any point (which you do by pulling your lips over your teeth). If you do happen to show your teeth and get caught by anyone, you alert the group by screaming "teeth teeth" and flapping your arms at the player like wings (making sure you don't show your teeth in the process!). Depending on how you want to play, you can do elimination or points lost when teeth are shown.

Transition to Worship:

Praise the Lord for each and every one of you present here. Let's thank God for giving us healthy bodies to enjoy His creation. Let us give thanks to God through praise and worship for everything that He has given to us through Jesus. For His love endures forever and He is our faithful God. Praise the Lord!

WORSHIP (20 minutes)

You may use the following suggested worship songs:

- 1) Forever (D)
- 2) Blessed Be Your Name (G)
- 3) Deeper In Love (A)
- 4) Build My Life (D)

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:

Dear Lord, we pray that we may learn to walk in all of Your ways and to love You with all of our hearts - to serve You with all of our being and to learn to love You as You have loved us. Teach us, dear Lord, on how to worship You in our daily life so that we may bow our hearts before You in spirit and truth, to Your honour and glory - in Jesus name we pray, Amen!

WORD (45minutes)

Memory verse of the week: James 1:4 (NIVUK)

⁴Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Sermon Title: Heartbroken

By Rev Daniel Khong

on 20-21 Apr 19

Scripture Passages:

Matthew 26:36-38 (NIVUK)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, 'Sit here while I go over there and pray. ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'

Luke 22:44 (NIVUK)

⁴⁴ And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Introduction

Good Friday is the day we remember the crucifixion of Jesus Christ for our sins, and Easter Sunday is when we remember and celebrate Jesus' resurrection and victory over sin and death. A central image or symbol of Good Friday and Easter has always been the Cross of Calvary. It was on this Cross that Jesus would die for each and every one of us. Jesus was not only heartbroken when He went on the cross but also in the events leading up to the cross as:

1. Jesus was never understood
2. Jesus was betrayed
3. Jesus was abandoned
4. Jesus was mocked
5. Jesus was in pain
6. Jesus was alone

As we celebrate Easter, we must remember that it was a time of Jesus being heartbroken and a time of hope as we can find victory at the cross.

Isaiah 53:3 (NIVUK)

³ He was despised and rejected by mankind, a man of suffering, and familiar with pain.

"God may not always give us a way out. But He will always provide a way through."

The cross is a reminder that:

- 1. You Are Not Alone – God is with you**
- 2. You Are Not Lost – God is leading you**

Discovery and Understanding Questions:

Q1. What does “heartbroken” mean?

A1. To be “Heartbroken” is to suffer from overwhelming distress.

Q2. How did we know that Jesus was going through a time of overwhelming distress where His heart was broken before He was crucified on the cross?

A2. We know through Luke 22:44 where it was written that “Jesus’ sweat was like drops of blood”. It was a very rare condition called “Hematidrosis” due to severe cases of anxiety, physical stress, as well as emotional stress.

Q3. What are the two things that the cross can remind us of in life?

A3. The cross reminds us that:

1. We are not alone – God is with us
2. We are not lost – God is leading us

“God may not always give us a way out. But He will always provide a way through.”

Application Questions:

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

Q1. Ask each member to share how the 2 things that the cross reminds them of can help them to see victory in their lives.

Q2. Pray for each other that we will start walking in the victory Jesus had gained for us on the cross and nail every sin, defeat and weaknesses on the cross of Jesus.

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 2 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 Luke 22:39-43, another person read Isaiah 43:19 and 53:3,10, and another, Romans 8:28, Psalm 34:18 and Psalm 147:3.

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

Question: During the Passion Week, Jesus went through many heartbreaking experiences – not being understood, betrayal, abandonment, mockery, physical pain, and loneliness. Which of these heartbreaking experiences can you relate to?

[Let your family members share freely. Share that Jesus was not only not understood by his disciples, He was betrayed by one of them with a kiss, and abandoned by all of them at the crucifixion, even while He was mocked and in great pain. Finally, He was forsaken even by God, His Father, because of mankind's sins which He was carrying on Himself. Therefore, He is able to empathize with all of our sufferings, as He has gone through them all (Isaiah 53:3).]

Question: What are some things which you do when you feel alone?

[Let your family members share freely. Share that some of us might look towards people to support us, like how Jesus also asked His disciples to keep watch with Him. Yet, His disciples let Him down, the same way people might have let us down. However, we are never truly alone as God will never leave us. In Jesus' case, He continued to pray to God at Gethsemane and even when He knew that God the Father had forsaken Him (Matthew 27:46).]

Question: What are some other emotions which you feel when you are brokenhearted and how does God lead you in that situation?

[Let your family members share freely. Then share that God does not protect us from being broken-hearted, as seen even in Jesus' case when God even intended for Him to suffer (Isaiah 53:10). But God will walk with us as promised in Psalm 34:18 and lead us through the situation, as promised in Isaiah 43:19. Share testimonies of how God has led you or others through painful situations and how that had helped you (or the people) to grow in faith and knowledge of God.]

End by praying for each other, that we will know that we are never alone and we will turn to God when we are broken-hearted. Pray also that we will trust Him to lead us through the situation. Pray also for the salvation of pre-believing family members, relatives and friends.

Transition to Works:

Let's continue to pray for our friends that we have invited to the Celebration of Hope (COH) rally in a month's time.

WORKS (15minutes)

1. 幸福小组 (XFXZ) – Celebrity Weekend #1 (27-28 Apr)

- Post XFXZ: debrief with the XFXZ members on lessons learned from the XFXZ process.
- Continue praying in unity for your 'Best' to experience the power of the gospel and to know God.
- Continue to build relationship with your 'Best' and encourage them to come for subsequent Celebrities weekend services as well as Celebration of Hope (COH) rally.
- Take some time to book, consolidate and confirm COH tickets for BEST and members.

2. 3x3 Prayer and COH Harvest Watch

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 (particularly COH Rally)

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. Take some time to book, consolidate and confirm COH tickets for friends and members.

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.