

4Ws for Week 11 (11-17 Mar 2024)

WELCOME (15 minutes)

(If there are first-time guests, begin with a round of introduction and warmly welcome the new visitors.)

Suggested icebreakers:

1. 5 Finger Prayer:

Explain the “5 finger prayer” concept and encourage each member to practise praying using this method:

1. **Thumb:** Pray for those closest to your heart, such as family and close friends.
2. **Index Finger:** Remember and pray for those who positively guide and influence you, like teachers, mentors, pastors, and leaders.
3. **Middle Finger:** Lift up prayers for those in positions of leadership, including our Senior Pastors, government officials, and school principals.
4. **Ring Finger:** Intercede for people facing challenges—those who are poor, sick, or going through difficult times.
5. **Pinkie/Last Finger:** Offer prayers for our own needs and concerns.
6. **The palm:** Acknowledge that you are engraved in the palm of God’s hand, expressing gratitude for His care, provision, and blessings in your life.



2. Find the Books of the Bible:

In the following story, there are sixteen books of the Bible hidden. Can you find them all?

I once made a remark about the hidden books of the Bible. It was a lulu, kept people looking so hard for facts and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them and there will be loud lamentations when it is found. A little lady says she brews a cup of tea, so she can concentrate better. See how well you can compete. Relax now, for there really are sixteen names of books in the bible in this story.

Answers:

I once made a remark about the hidden books of the Bible. It was a lulu, kept people looking so hard for facts and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them and there will be loud lamentations when it is found. A little lady says she brews a cup of tea, so she can concentrate better. See how well you can compete. Relax now, for there really are sixteen names of books in the bible in this story.

WORSHIP (20 minutes)

(Encourage members to allow the Holy Spirit to minister through them by sharing words, visions, tongues and interpretations of tongues.)

Suggested worship songs:

- 1) God So Loved – We The Kingdom
- 2) Yet Not I But Through Christ In me

WORD (45 minutes)

Preacher: Ps Poh Wee Long

Scripture Passage: Daniel 10:1-3, 9-14, Ephesians 6:11-13, Matthew 17:14-21

Sermon Title: The Importance of Prayer and Fasting

Introduction

In preparation for the 21 Days of Prayer and Fasting, taking place from 11 – 31 March, it is crucial to understand the significance of prayer and fasting when practiced together as a church. Prayer is communication and fellowship with God, and fasting is a discipline to abstain from food or something desired for a given period, allowing us to devote ourselves to seeking God.

Prayer and fasting:

1. Empty us – Our pride is removed
2. Empower us – His power is released

Discovery and Understanding Questions:

Q1. How does fasting and prayer remove our pride?

A1. When we fast and pray, we are removing our dependency on our own strength, abilities and ways, choosing instead to look to God. Prayer and fasting demonstrate our humility before God. When we don't fast and pray, it shows that we are prideful because we don't need God.

Q2. How does fasting and prayer empower us to release God's power?

A2. When Daniel fasted and prayed for three weeks, the archangel Michael, was despatched to help release the messenger Gabriel, who was held captive by the King of Persia—the ruling demonic principality over the region. The power of God is released when we fast and pray.

Application Questions

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

Q1. What results would you like to see after 21 days of fasting and prayer?

Q2. Share how you plan to fast and pray.

WORKS (15 minutes)

Focus on *edification, equipping and evangelism.*

1. **Build on the momentum of all your outreach efforts** - continue praying for your pre-believing friends and family, connect with them, and invite them to your Cell and our Weekend Services.
2. **Consolidation of new believers** – Diligently pray for and reach out to your friends and family who have decided to receive Jesus as their Lord and Saviour, guiding and helping them grow in the faith.

For FCBC announcements: visit www.fcbc.org.sg/announcements or our social media platforms – Facebook and Instagram @fbcscg.