

4Ws for Week 12 (17 –23 Mar 2025)

WELCOME (15 minutes)

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

Suggested icebreakers:

1. Sums of All Fears

- **Objective:** To foster vulnerability, build empathy, and identify common concerns within the group.
- **Materials:** Paper, pens or pencils, a container (box, bowl, etc.).
- **Instructions:** Distribute paper and pens. Ask each person to anonymously write down a personal fear or worry, encouraging honesty and specificity.
- Collect all papers into the container and shuffle them. Distribute one paper to each member. Each person, in turn, reads the fear aloud and offers their interpretation of its meaning. No comments or responses are allowed during the interpretations; simply listen.
- After all fears are discussed, facilitate a group discussion focusing on common themes and shared anxieties.

2. Guess the Bible Character

- **Minimum Number of People:** Three or more.
- **What You'll Need:** Small pieces of paper or index cards, a pen or pencil, a timer, and one small bowl for each team.
- **Preparation:** Write the names of well-known Bible characters on individual cards.
- **Instructions:** Divide members into teams. Assign one member from each team to be the "actor." Start a five-minute timer. The actor draws a card and acts out or provide clues for their team to guess the character. Once the team guesses correctly, the actor draws another card. The team that correctly guesses the most characters within the time limit wins.

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) You
- 2) Yet Not I But Through Christ In Me

WORD (45 minutes)

Preacher: Ps Melissa Quah

Scripture Passage: Matthew 6:25-34

Sermon Title: Worry Trap

Introduction

Worry is defined by feelings of unease and excessive concern about a situation or problem, often involving anticipation of negative future outcomes and doubts about one's ability to cope. While worry is a common emotional response, persistent worry, even without realistic cause, characterises anxiety. Excessive worry can escalate to heightened anxiety and even panic. Recognising our human tendency to worry, Jesus repeatedly commands us, as seen in:

- Matthew 6:25 (NIV) Therefore I tell you, **do not worry** about your life.

- Matthew 6:31 (NIV) So **do not worry**.
- Matthew 6:34 (NIV) Therefore, **do not worry** about tomorrow.

There are two resolutions to overcome worry:

1. Let Go of what is beyond our control.
2. Let God hold our tomorrows.

Discovery and Understanding Questions:

Q1. Why did Jesus tell us not to worry about our life?

A1: Jesus tells us not to worry about our lives because worrying is ultimately futile. We cannot add a single hour to our lives through worry. Often, the things we stress over are beyond our control. Our inability to surrender our worries to God stems from a desire to control our circumstances and a lack of faith in God's ability to provide for us. Therefore, we are encouraged to trust God to care for our needs rather than burden ourselves with anxiety about life.

Q2. How should we trust God and not worry about our future?

A2: Just as the Israelites struggled to trust God during their time in the desert, they would often keep the manna from one day to the next, only to find it had turned into maggots. This was a lesson in relying on God's provision day by day. Similarly, we are called to trust in God's grace each day, putting Him first in our lives, and trusting that He will provide for our needs without worrying about the future.

Application Questions:

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

Q1. Do you have a tendency to worry? What are the things you typically worry about?

Q2. Do you find yourself worrying about things over which you have no control?

Q3. How can you trust in God and let go of worry?

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.

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