

4Ws for Week 13, 28 Mar – 3 Apr 2022

(With COVID-19, this 4Ws is to be adapted for use at online meetings.)

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. Rose, Thorn, Bud

Cell Leader, have members take turns to share the following:

- **Rose:** A recent positive happening like a personal highlight or an achievement.
- **Thorn:** A challenge or roadblock that needs support or prayer.
- **Bud:** An idea for the future or interesting event in motion.

2. FAST Experience

Cell Leader asks everyone to choose one of the following attributes, and share an experience in relation to the chosen attribute:

- Faithful
- Available
- Submissive
- Teachable

Example: "I was working under a difficult supervisor, but I chose to be faithful to the company. I worked for many years under this difficult supervisor, and eventually I was promoted because of good performance."

After members have shared their experience, Cell Leader then identifies a few members to share their lessons learned, e.g. "I learned that as I remained faithful and persevered working in the company without letting my emotions and frustrations affect me, the Lord rewarded me. I now learned how to remain faithful in overcoming difficulties and odds at work and in life. Praise God!"

Transition to Worship:

Let us prepare our hearts to worship the Lord. Think of a thanksgiving, to thank God for what He has done, and start praying in the Spirit. The Lord is our Shepherd; He takes care of our needs. Let us thank Him for what He has done for us by clapping our hands and welcoming His presence. Hallelujah!

WORSHIP (20 minutes)

You may use the following worship songs:

1. This is Amazing Grace (C)
2. Goodness of God (G)

Let us pause to wait upon the Lord for the ministry of the Holy Spirit. We would like to encourage everyone to exercise the gifts of the Holy Spirit – if you have a word, a vision, tongues and interpretation of tongues – release it to minister to each other.

Transition to Word:

Lord, You have opened up our spiritual senses to hear You and experience You in our midst. Thank You Lord, for Your love poured out lavishly on us. We declare that You are a great God! Help us see Your truths and transform us into Your image daily. Amen!

WORD (45 minutes)

Memory verse of the week: Luke 23:45 (NIVUK)

For the sun stopped shining. And the curtain of the temple was torn to two.

Sermon Title: Prayer & Fasting: A Spiritual Test

By Senior Pastor Daniel Khong

on 26-27 Mar 2022

Scripture Passage: Matthew 4:1-11 (NIVUK)

¹ Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting for forty days and forty nights, he was hungry. ³ The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.' ⁴ Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."' ⁵ Then the devil took him to the holy city and set him on the highest point of the temple. ⁶ 'If you are the Son of God,' he said, 'throw yourself down. For it is written: "'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.'" ⁷ Jesus answered him, 'It is also written: "Do not put the Lord your God to the test.'" ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ 'All this I will give you,' he said, 'if you will bow down and worship me.' ¹⁰ Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only.'" ¹¹ Then the devil left him, and angels came and attended him.

Introduction

For this year's season of Lent – starting 1 March, for a period of 40 days leading up to Easter Sunday, SP Daniel Khong challenged the church to pray and fast for 14 days, from 4 April to Easter Sunday. Continuing the previous week's message theme on praying and fasting, SP Daniel shared last weekend that praying and fasting challenges us to:

1. Live By Faith
2. Live In Righteousness
3. Live In Victory

Discovery and Understanding Questions:

Q1. What does it mean to live by faith, and what can we learn from Jesus in living by faith?

A1. To live by faith means depending on God more than we depend on anything else. Faith is dependence on God. Sight is to depend on ourselves.

Matthew 4:1-11 (NIVUK)

¹ Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting for forty days and forty nights, **he was hungry.**

When Jesus fasted for 40 days and 40 nights, He depended on God to strengthen Him, nourish Him and to persevere in His life. No doubt, He was hungry after 40 days; if He had not depended on God

whom He cannot see, He would have opted for bread offered by the devil. Instead of giving in to temptation, Jesus chose to depend on God to strengthen Him. The focus of faith is our dependence on God (Hebrews 11:1).

Hebrew 11:1 (NIVUK)

¹ Now faith is confidence in what we hope for and assurance about what we do not see.

2 Corinthians 5:7 (NIVUK)

⁷ For we live by faith, not by sight.

Q2. How was Jesus able to overcome the temptation of the devil, not once but three times?

A2. Jesus chose to abide in the word of God without giving in to His flesh. He rebuffed the devil and toed the line to live in God's way. There are many worldly standards we may be tempted to compromise, but Jesus showed He only chose to follow God's standard. Through prayer and fasting Jesus put His dependence in God.

Matthew 4:4, 7, 10 (NIVUK)

⁴ Jesus answered, 'It is written: "Man **shall not live on bread alone, but on every word that comes from the mouth of God.**"'

⁷ Jesus answered him, 'It is also written: "**Do not put the Lord your God to the test.**"'

¹⁰ Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve Him **only.**"'

Jesus did not downplay the power and authority of the devil, but He knows that the ultimate authority is God's. When He prayed and fasted, He called upon God.

Application Questions

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

Q1. Members to take turns to share plans on praying and fasting, including what breakthroughs they would want to experience.

Q2. Share your concerns and weaknesses on praying and fasting, and pray for one another to be filled with the power of the Holy Spirit to: live by faith, live in righteousness, and live in victory.

Transition to Works:

Dear God, we pray that the words of our mouth and the meditation of our hearts be found pleasing and acceptable in Your sight. May the works and deeds of our hands bring wonderful blessing to our families and friends both near and far. Amen!

WORKS (15 minutes)

1. Volunteering in the Church

Provide an opportunity for each Member to consider, and share an area of ministry that he/she may want to go into. Perhaps as a CG, you may want to decide to go into an area of ministry in

the Church. Get Members to go into the FCBC portal to volunteer. If possible, do it together during the Cell time. But be careful that CG Members don't feel pressured to do so.

2. Focus on CG Outreach

The focus of CG meetings is *edification, equipping* and *evangelism*. In each CG meeting, spend some time to encourage your members to do personal outreach right where they are. Give some time each week during the WORKS portion for them to share their outreach efforts. Plan regular (monthly or quarterly CG outreach, either as a whole CG or in separate groups) into your CG roster, using the existing COVID-19 guidelines to plan your activities/programmes.

3. Pray over the COVID-19 situation

Consecrate some time each CG meeting to be praying for the situation; and to remain connected with one another.

4. Continue to Connect

a) With cell group members

1. Hold your cell members accountable to watch the Livestream Service.
2. Stay connected with members via:
 - a. Synchronize prayer times
 - b. Share devotional thoughts through WhatsApp. Encourage your members to share their Quiet Time Reflections in your cell group chat.
 - c. Create a cell group hashtag - Post uplifting messages, sermon videos and notes, or even bookmark pretty verse images by leaving these in your cell group hashtag as a comment.
 - d. Video call each other
3. Continue with your cell group meetings online. Ensure that none of your members fall through the cracks. Continue to monitor the attendance of your online meetings.

b) With Potential BESTs / Pre-Believers

1. Evangelism need not take a back seat with livestreaming. Invite pre-believing friends/Bests/3x3 contacts (depending on their comfort level) to join you in watching our livestream service. Connect online with them and spur other members to do so.
2. When the salvation altar call is made during livestreaming, a Response Form link will be screened over the livestream for those who have responded or want to respond, to fill in. The livestream links are:

- For English -- www.fcbc.org.sg/connectwithus
- For Chinese -- www.fcbc.org.sg/zh/connectwithus

Get your pre-believing contacts to fill up the Response Form or you can help them fill it up. When filling up the Form, try to provide as much of the information needed as possible, and do so immediately after the livestream service.

c) 3x3 Prayer

Ask the Holy Spirit to reveal the strongholds that bind the people in captivity. Ask Him to set up divine appointments for you to minister His power over them (words of knowledge, healing, helps, etc.). Pray for one another to have boldness, courage and obedience to follow through.

For more announcements, please visit www.fcbc.org.sg/announcements or our social media platforms – we can be found on Facebook and Instagram @fbcsg.