

4Ws for Week 17, 25 Apr - 1 May 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. Doubtful Facts

Leader to share a few incredulous statements, and the cell will decide if it's factual or false. You may use the following statements in any order, or create your own.

Statement 1: (tell them not to try it yet) It is impossible to hum while holding your nose. (True)

Statement 2: Ancient Romans used to make use of urine to whiten their teeth. (True)

Statement 3: Buns are the most shoplifted food in the world. (False – Cheese is)

Statement 4: Pigs do not sweat. (True – they are born without sweat glands)

Statement 5: A rainbow that happens at night is called a rainbeam. (False – it's called a Moonbow)

There are many things in life that seem extreme or even ridiculous. In the Bible, God sometimes calls the prophets of the old to do some really extreme and ridiculous things. Do you know of some examples?

2. Seasons

There are 4 known seasons of the year in some countries. Spring, Summer, Autumn (fall) and Winter. It is also joked that Singapore also has 4 seasons. Hot, very hot, wet and very wet.

Have you ever been to a country with different seasons? Or, have you ever experienced a different kind of season? Share which is your favourite type of season and why?

Just as there are different seasons with the weather, there too exists different seasons in our lives. Do you recognize the hand of God in your life through each season?

Transition to Worship:

God is Faithful through the seasons of our lives. Let us pause for a moment to think back on the time when God came through for you – in each season, be it a smooth sailing one or a difficult one. Let our hearts be filled with praise and thanksgiving, and let us be in a posture of gratitude as we sing praises unto Him!

WORSHIP (20 minutes)

You may use the following worship songs:

1. Faithful – Chris Tomlin (D)
2. Build My Life - Housefires (C)

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 Jesus, teach us to trust you in all that we do. Teach us to build our lives upon a foundation of Your word and Your truth rather than how we feel or perceive. In all circumstances, teach us to give thanks and pray continually until we reach the full measure of Christ in our lives. Amen!

WORD (45 minutes)

Memory verse of the week: Malachi 3:18 (NIVUK)

“And you will again see the distinction between the righteous and the wicked, between those who serve God and those who do not.”

Sermon Title: Zhun Boh?

By Senior Pastor Daniel Khong

on 23-24 Apr 2022

Scripture Passage: John 20:19-29 (NIVUK)

¹⁹ On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, ‘Peace be with you!’ ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord. ²¹ Again Jesus said, ‘Peace be with you! As the Father has sent me, I am sending you.’ ²² And with that he breathed on them and said, ‘Receive the Holy Spirit. ²³ If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.’ ²⁴ Now Thomas (also known as Didymus), one of the Twelve, was not with the disciples when Jesus came. ²⁵ So the other disciples told him, ‘We have seen the Lord!’ But he said to them, ‘Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.’ ²⁶ A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, ‘Peace be with you!’ ²⁷ Then he said to Thomas, ‘Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.’ ²⁸ Thomas said to him, ‘My Lord and my God!’ ²⁹ Then Jesus told him, ‘Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.’

Introduction

Have you ever experienced doubt in your Christian life? Was there ever a moment or moments in your life where you were filled with uncertainty and trying to figure out what to do. When you sought the Lord, God seemed silent.

Moments of doubt and grappling with it is a very real struggle in the life of every Christian. It is very likely that at some point of time in our faith journey, that we will either struggle with what God is telling us to do or when we are facing a time of great difficulty.

Even the disciples of Jesus – people who have spent a lot of time with Jesus – also struggled with doubt. Especially so when Jesus died at the Cross, and everything that Jesus said to them previously seemed unlikely to come to past. The good news however is that, Jesus rose again 3 days later, and there was a restoration to everything. We do not need to feel alone in this and we can remain hopeful despite our doubt.

2 Encouraging truths about doubt:

1. Struggling with Doubt is Normal – Don’t feel bad, turn to God

2. Struggling with Doubt is Lifelong – Don't face it alone, turn to Community

Discovery and Understanding Questions:

Q1. If I've heard what God has called me to do but yet I still doubt it, does that mean I am not fit to serve or that I heard wrongly from God?

A1. In all moments, we definitely need to discern accordingly in regard to what we heard God has called us to do. It may be consulting with our pastors or leaders to seek the Lord together with us, or spending time in extended prayer and seeking the Lord, and perhaps even in asking for a sign.

Doubt however, is hardly one of the factors that we use as a gauge to decide whether something is really from God or not. This is synonymous to what the commonly used phrase of "trust your heart" – and sometimes what we feel or think, might not be true at all. The word of God also reminds us that 'the heart is deceitful above all things' (Jeremiah 17:9).

John 20:25 (NIVUK)

²⁵ So the other disciples told him, 'We have seen the Lord!' But he said to them, 'Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe.'

Matthew 28:16-17 (NLT)

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷ When they saw him, they worshipped him; but some doubted.

All of Jesus's disciples struggled with doubt at some point of time in their lives. Even though the word of God tells us to live by faith and not by sight, it does not mean that doubt does not exist at all. If anything, it means that we need to learn how to live with doubt in our lives, and also learning how to overcome it.

Some disciples SAW Jesus after he rose from the dead, but even with that, they still doubted! However, for some disciples, they overcame their doubts. Their faith was strengthened and solidified. With that, they went on to change the world.

Q2. I used to serve God wholeheartedly and was on such fervour and passion for Him. But along the way, I started to doubt God and stopped. I am filled with uncertainty and perhaps guilt. Can God still use me?

A2. God's love is new every morning. And similarly, our battle with our fears, uncertainty and doubt is not a one time off battle. It is something that we face and overcome daily – and returning to the grace of God every day to do so.

Our faith is not a sprint, but more like a marathon. We are called to run this race and finish it well. Just because you were on fire for God today, does not mean that you will not doubt God tomorrow. And similarly, just because we tripped along the way, it does not mean that we have been disqualified from the race.

John 11:5-8 (NIVUK)

⁵ Now Jesus loved Martha and her sister and Lazarus. ⁶ So when he heard that Lazarus was ill, he stayed where he was two more days, ⁷ and then he said to his disciples, 'Let us go back to Judea.' ⁸ 'But Rabbi,' they said, 'a short while ago the Jews there tried to stone you, and yet you are going back?'

John 11:16 (NIVUK)

¹⁶ Then Thomas (also known as Didymus) said to the rest of the disciples, 'Let us also go, that we may die with him.'

Jesus wanted to head back to Bethany in Judea – a place where His life was threatened. His disciples tried to object to it, but it was Thomas who bravely encouraged everyone to do so – even at the risk of losing their lives and dying together.

As we can see, Thomas was no coward and was totally ready to lay down his life to serve and follow Jesus. On top of that, Thomas even got to see Jesus perform the wonderful miracle of raising Lazarus up from the dead. All things being said, some of us would be thinking if we've experienced and seen half of what Thomas did, we would live our lives sold out for the purposes of God.

Yet from scripture, it is this very same Thomas that struggled with believing his peers that Jesus rose from the dead. This shows us very clearly that it was normal for even someone who has personally encountered Jesus and His miracles, to struggle with doubt. But the story does not end there though, it is important that we understand how it ends.

The community of disciples that Thomas was in, saw and encountered Jesus. They repeatedly encouraged Thomas and spoke about the resurrection of Jesus to Him. Though Thomas continued to doubt all the way and only eventually stopped doubting when he had ANOTHER encounter with Jesus, I believe the faithful community of believers who journeyed with Thomas through this episode, played a part in leading him to that place to meet Jesus.

Will you allow your community to help lead you to that place to bring healing to your soul and meet Jesus once again?

Application Questions

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

Q1. Was there a moment in your life where you sensed God called you to something, but because of doubt you chose to shrug it off?

Q2. Who or what do you turn to when facing doubt? Do you look inward to your own feelings and introspection? Or do you look outwards and upwards to God and His loving community?

Q3. Are you guilt-stricken because you've allowed doubt to stop you from fulfilling God's purposes in your life? Do you feel that you've missed the boat and God's timing for you?

Transition to Works:

Lord Jesus, teach and help us in our unbelief! So many times our hearts are filled with fear and doubt, leading us to stray away from who You want us to be. We pray that your name be lifted up

and magnified in our lives. Teach us to overcome our doubt and live our lives for your Kingdom and its purposes. Amen.

WORKS (15 minutes)

1. Pray and Fast

Our 14 Days of Fasting and Prayer has just ended on Easter Sunday. Let's continue to cultivate this spiritual discipline. Ask God to give you the strength to press on.

2. 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.

3. 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.

4. 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.

5. 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.