

4Ws for Week 1 (1-7 Jan 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. Guess the character (onsite)

Divide members into groups of five, with one group participating per round. Each team selects a member to draw a character from a slip of paper and guess the mystery character described by the team. During the activity, each team member in the group will take turns describing the character by responding to prompter questions in the order provided below. The fewer prompter questions needed for the character to be guessed, the higher the points the team will earn for that specific round. The team with the most points at the end of three rounds will be the winner.

Order of Prompter Questions	Points
1. The gender of the character	5
2. The outfit the character wears	4
3. The colours of the character	3
4. One item that the character holds	2
5. A phrase said by the character	1

Suggested characters:	
1. Winnie the Pooh	2. SpongeBob
3. Mickey Mouse	4. Mr. Monopoly
5. Cinderella	6. Princess Elsa
7. Snow White	8. Peter Pan
9. Ariel (Little Mermaid)	10. Darth Vader
11. Batman	12. Storm Trooper
13. Superman	14. Ronald MacDonald
15. Iron Man	16. Harry Potter
17. Joseph (Bible character)	18. Homer Simpson
19. Snoopy	20. Mr. Bean

Materials needed:

Write the characters on slips of papers and put it in a container for the teams to draw from.

2. Bucket List (online)

Each person is to share one bucket list item that they can potentially achieve in 2024. The cell group will encourage each other to accomplish these goals before the end of the year.

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) Alive - Hillsong
- 2) Give Thanks – Don Moen

WORD (45 minutes)

Preacher: Rev. Poh Wee Long

Scripture Passage: Hebrews 12:1-3

Sermon Title: Finishing the Christian Race

Introduction

Every child and disciple of God has been appointed for a God-ordained destiny – each disciple of Christ is appointed to run **and** finish the race earmarked for them, and to *finish it victoriously*.

Hebrews 12:1-3 teaches that in order for us to run the Christian race successfully, we need to:

1. Throw off all hindrances and sins – that is, not just avoid sin, but beware of encumbrances
2. Persevere till the end – not being distracted from the goal of our race; single-mindedly fixed on the finishing line
3. Focus on Jesus – having our eyes on Jesus and not on our circumstances of surroundings

Discovery and Understanding Questions:

Q1. Meditate on Hebrews 2:1, 3; 5:12; 12:12-13. What lessons and warnings about the Christian life are taught here?

- A1.** - We must take heed to God's Word and avoid drifting away from it (Heb. 2:1).
- We must not take lightly our salvation but instead, live according to the new life breathed into us by the Spirit of God (Heb. 2:3).
 - We must grow up in spiritual stature - progressing from elementary truths of God's Word to a deeper understanding, enabling us to rightly handle and apply its principles in our daily lives (Heb. 5:12).
 - We must discipline and strengthen ourselves spiritually through spiritual disciplines such as reading the Word, prayer, fellowship and engaging in ministry and service to God and others. This ensures that we remain steadfast in our spiritual journey and do not falter when we run the race (Heb. 12:12-13).

Q2. Apart from obvious sins, what are some hindrances and entanglements that can distract us from running the race and finishing it well?

- A2.** Distractions such as online games, Netflix, online shopping, social media, a grumbling spirit, a complaining and calculative heart, offences or misunderstandings, excessive TV viewing, misuse of office time, and hobbies can all impede our progress in the race.

Q3. What actions can a disciple take to *run with perseverance*?

- A3.** To run with perseverance, a disciple can:
1. Spend time in God's Word and prayer, even amid pressing assignments demanding our time.
 2. Don't allow overtime or other activities intrude into our dedicated times for spiritual disciplines.
 3. Resist the temptation to quit when the pressure is on!
 4. Crucify fleshly desires that may hinder the journey.
 5. Always choose to do what is right.
 6. And so forth.

Q4. Read Hebrews 12:3. How does focusing our eyes on Jesus help us in our Christian race?

- A4.** Jesus is the Author and Finisher of our faith and our ultimate Role Model. By fixing our gaze on Him, we gain the ability to see beyond our present circumstances and recognize the enduring

advantages of running the race with perseverance. We know there's a reward awaits those who finish the race well.

Application Questions

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

Q1. Share one distraction or entanglement you face in your Christian race that you want to get rid of? What action step/s can you take to do so?

Q2. Share a present situation you are experiencing that requires you to focus on Jesus. How can the CG members support you as you choose to focus on Jesus?

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 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.fcbsg.org.sg/announcements or our social media platforms – Facebook and Instagram @fcbcsf.