

4Ws for Week 29, 19 – 25 July 2021

(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. Heart Matters

Get cell members to give as many words relating to hearts such as heart wrenching, stony heart, broken heart, heart stopping moment, heart attack, heart matters, heart break, finger heart, etc...

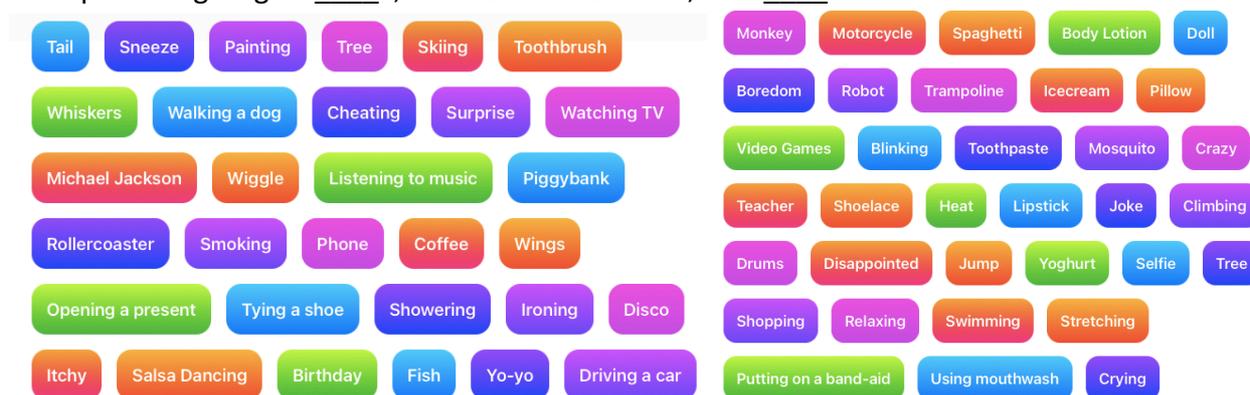
2. Guess the Movies

Go to this link to guess the movies <https://youtu.be/6HMPNMfWz0o>.

3. Word Charades

Cell leader to describe each of the words below and everybody is to guess the correct word.

Example: a dog wag its ____?, or when I have a cold, I will ____?



Transition to Worship:

As we gather today in your name, we pray that you will fill our hearts, our minds and our souls with high praises. Transform us, Lord, and make us more like you. O Lord, our God, together we give you thanks and praise your greatness. Through Jesus Christ, our Lord, Amen.

WORSHIP (20 minutes)

You may use the following worship songs:

1. This Is Amazing Grace (D)
2. How Great Is Our God (D)

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, thank you for this time you've given us to open your Word and discover who you are. Thank you that you don't leave us in the dark about who you are and what you are doing in the world, but that you have revealed yourself and your will through the Bible. Your words are sacred to us. Help us by

your Spirit, to heed your holy word so that we may be equipped for every good work, through Jesus Christ our Lord. Amen.

WORD (45 minutes)

Memory verse of the week: Psalm 16:8

⁸ I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.

Sermon Title: What's In My Heart

By Rev. Roland Lee

on 17-18 Jul 2021

Scripture Passages:

Psalm 139:23-24 (NIVUK)

²³ Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

Luke 10:38-42 (NIVUK)

³⁸ As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. ³⁹ She had a sister called Mary, who sat at the Lord's feet listening to what he said. ⁴⁰ But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!' ⁴¹ 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, ⁴² but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'

Introduction

Psalm 139:23-24 David prayed for God to search his heart because he knew the heart is deceitful above all things. Similarly, we need to ask God to constantly search our hearts because we don't have the ability to search our own hearts and motives. We are bias towards ourselves to justify our actions. David couldn't trust his own heart, that was why he asked God to search his heart because he wanted to live a life that pleases God and not to please himself. In the story of Martha and Mary, we see Martha's heart being tested. We don't know our own heart until we are tested. There are two reasons why God tests our hearts:

1. Our weaknesses are revealed
2. Our weaknesses are reviewed

Discovery and Understanding Questions:

Q1. Why was Martha upset with Mary?

A1. Martha was upset with Mary because Mary didn't help in the preparation of food but was sitting at Jesus' feet listening to Him.

Luke 10:40 (NIVUK)

She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

Q2. What did Jesus reveal about the weaknesses of Martha's heart through this incident?

A2. Through this incident, Jesus revealed the true condition of Martha's heart. Martha was upset not just with Mary for not helping her, but she was worried and upset about many things. She has also allowed complaint, comparison and jealousy to come between her and her sister, Mary.

Luke 10:41-42 (NIVUK)

⁴¹ 'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, ⁴² but few things are needed – or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'

Q3. Jesus was definitely not against Martha for the work of the preparation of food; so what can we learn about serving God through Martha's example?

A3. While Mary had her eyes fixed on Jesus, Martha lost sight of Jesus while serving Him. When we serve God, we need to be careful not to take our eyes off Jesus and begin to complain and make comparison with others. Through serving God, He allows us to be tested and to review our weaknesses; not to condemn us but to change and strengthen us.

Hebrews 12:1-2 (NIVUK)

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith...

Application Questions

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

Q1. Describe a situation(s) where God tested you and revealed the weakness in your heart.

2 Corinthians 12:9 (NIVUK)

⁹ But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

Q2. Describe the process how God strengthened your heart through the testing and trials in your life.

2 Corinthians 12:10 (NIVUK)

¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Transition to Works:

Father, I ask for mercy on behalf of those who are lost. Let your mercy fill their hearts that they may be able to know that you're the true living God who was and is to come. Help them know that it is only in surrendering themselves to you that they will find real rest and unconditional love. In Jesus' name, I believe and pray, Amen.

WORKS (15 minutes)

1. 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.

The next XFXZ will be in September. Use the CG time to prepare your members and get their buy-in to conducting a XFXZ cell the next round.

2. Prayer over the COVID-19 situation

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

3. Consolidation of Visitors/New Converts from your outreach

Assimilate them! Let them experience a sense of belonging in our faith community! Connect with them via phone calls; introduce them to cell members via WhatsApp and invite them to join in our livestream services and your online cell group meetings.

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.

5. 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.

6. Announcements

- We have resumed on-site English and Chinese Services at Touch Centre. For more information, please visit <https://fcbc.org.sg/serviceresumption>.
- English, Chinese, and Hokkien Services will continue to be streamed at their regular service timings on our YouTube channel (<https://www.youtube.com/user/FCBCsg>)
- In-person cell meetings and gatherings may resume for up to 5 persons.
- Our advisories on weddings and funerals have been updated in our website.

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

7. Partial resumption of onsite Services

Praise God we are going back to onsite Services! Remind members to practise Philippians 2:4 – **Do nothing from selfishness or empty conceit, but with humility consider one another as more important than yourselves; ⁴ do not merely look out for your own personal interests, but also for the interests of others.**

- a) Reserve seats only for yourselves and your family members. Don't mass book. Don't double book to secure more chances of getting a seat.
- b) Turn up for service after getting your seats. Don't cancel *last minute* – every *last minute* cancellation deprives one person of an opportunity to come to onsite service.
- c) Obey covid19 safety procedures to safeguard yourself and others – e.g., stay in your zones; don't turn up if you are sick, etc.
- d) Be patient and calm if there are delays in admitting you because of covid19 safe entry processes. Don't abuse the Staff or volunteers on duty.
- e) Honour God – have a worshipful attitude even though you cannot sing aloud.
- f) Be punctual – build in extra time so that you will be seated already when Service starts.
- g) Dress appropriately.
- h) Recognise that there are many others also worshipping with you online.
- i) Continue to invite your pre-believer friends.
- j) Etc...