

4Ws for Week 30, 26 July – 1 August 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. My Favorite Season

In equatorial Singapore, we may not have the four seasons, but we do have the seasonal fruits and weather system that bask our island nation with varied fragrances and the warm nights. Share what is your favorite fruit and month of the year.

2. Our Heart's Condition

The COVID-19 pandemic has had its effect on the state of mental wellness for many but not much has been said about how our hearts have been affected. Due to the protracted duration and the imposition of the new Heightened Alert measures, how are our hearts doing? Are our hearts still tender and compassionate or hardened and indifferent? Share your heart with one another.

Transition to Worship:

The Psalmist declares that even though he walks through the darkest valley, he will fear no evil because God is with him. In the midst of the COVID-19 pandemic, let's keep our focus on God and choose to lift His name on high and sing His praises for He is the Sovereign and Most High God, worthy of our worship whatever the circumstances!

WORSHIP (20 minutes)

You may use the following worship songs:

- 1) Happy Day (D)
- 2) Sola Christos (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 said that man does not live by bread alone, but by every word that proceeds from the mouth of God. The Psalmist declares that the man who delights and meditates on God's law day and night will be like a tree planted by the streams of water, which yields its fruit in season and whose leaf does not wither, and whatever he does, prospers. Teach us to learn to feast upon your word to find our sustenance and source of strength.

WORD (45 minutes)

Memory verse of the week: Psalm 19:8

⁸ The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.

Sermon Title: Heartbroken, But Hopeful
By Senior Pastor Daniel Khong

on 24-25 July 2021

Scripture Passages: Psalm 34:18, Matthew 1:22-23 (NLT), John 16:33, Isaiah 43:19

Psalm 34:18 (NIVUK)

¹⁸ The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Matthew 1:22-23 (NLT)

²² All of this occurred to fulfil the Lord's message through his prophet: ²³ "Look! The virgin will conceive a child! She will give birth to a son, and they will call him **Immanuel**, which means 'God is with us.'"

John 16:33 (NIVUK)

³³ 'I have told you these things, so that in me you may have peace. In this world **you will have trouble**. But take heart! I have overcome the world.'

Isaiah 43:19 (NIVUK)

19 See, **I am** doing a new thing! Now it springs up; do you not perceive it? **I am** making a way in the wilderness and streams in the wasteland.

Introduction

The recent event that had happened in one of our schools caught everyone by surprise and shocked our whole nation. The overwhelming outpouring of condolences for the families were welcoming but many also had been heartbroken by the incidence. It's a time for us to mourn and reflect deeply on the issues that trouble our hearts.

With this background, SP Daniel spoke on the matter of the brokenness of our hearts; that we can face various situations in life that leaves us heartbroken. It could take the form of a tragedy through the loss of a loved one, a fracture in a relationship, a family conflict, or a deep personal failure.

Being heartbroken can be so overwhelming at times that it seems there is no way out, and we are unable to overcome. For that, SP Daniel shared from a poignant verse in Psalm 34:18, and entitled his message "Heartbroken, But Hopeful".

In whatever situation we're going through, God is close to us. He is there with us (Matt 1:22-23), and He understands. In this world, we will have trouble (John 16:33) but take heart, Jesus has overcome it. Know that God may not always give us a way out, but He will always provide a way through it (Isaiah 43:19). It's in the darkest moments of our lives when hope shines that much brighter. We may be heartbroken, but there is always hope in Jesus Christ.

SP Daniel shared two truths from the Word of God that while we may be heartbroken yet we can be hopeful because...

- 1. God is With You - You are Not Alone**
- 2. God is Leading You - You are Not Lost**

Discovery and Understanding Questions:

Q1. What promises does God have for us who are facing challenging situations?

A1. When you are in a challenging situation, know that **God is with you** (Matthew 1:23) and that **He is close** to you (Psalm 34:18). And because **God is with you**, you can find the strength and courage to face your challenging situation (Deuteronomy 31:6).

God tells us in the Bible not to be afraid because He is with us, and we are not alone. You do not have to struggle through challenging situations by yourself. God is with you.

Matthew 1:23 (NLT)

...they will call him **Immanuel**, which means ‘**God is with us.**’”.

Psalm 34:18 (NIVUK)

¹⁸The Lord is close to the broken-hearted and saves those who are crushed in spirit.

Deuteronomy 31:6 (NIVUK)

⁶Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.’

Q2. What can you do when you are in a challenging situation and feeling lost?

A2. When you lose hope and feel like you’ve lost your way, take heart that God is doing a new thing in the situation for you (Isa. 43:19). God may not always give you a way out, but He will always provide a way through it. God is leading you, you are not lost.

Isaiah 43:19 (NIVUK)

¹⁹ See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

Q3. How can we bring God and his reality to the people around us?

A3. To those who are feeling lost in this world, we as a church, are called to bring good news to the poor, to comfort the broken-hearted, to proclaim the captives will be released, and prisoners set free (Isaiah 61:1). The harvest is indeed great, but the workers are few (Matthew 9:37).

Isaiah 61:1 (NLT)

The Spirit of the Sovereign Lord is upon me, for the Lord has anointed me to bring good news to the poor. He has sent me to **comfort the broken-hearted** and to proclaim that captives will be released and prisoners will be freed.

Matthew 9:37 (NLT)

³⁷ He said to his disciples, “The harvest is great, but the workers are few. ³⁸ So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”

Application Questions

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

Q1. Share an occasion when you were heartbroken and feeling lost and how you've managed to overcome the situation?

Q2. What can you do to bring hope to the brokenhearted people close to you, and in the community who do not know the source of hope in Jesus Christ?

Transition to Works:

In Matthew 5:13-16, we are called to be salt of the earth and light of the world. As salt, we effect changes by preserving lives and adding flavour to them. As light, we show forth good deeds that glorify our God in heaven. Let our works be a torch and lamp to show the way and lead others to Christ.

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

- All English, Chinese and Hokkien Services will be held online. For more information, please visit fcbc.org.sg/covid-19
- English, Chinese, and Hokkien Services will continue to be streamed at their regular service timings on our [YouTube channel](#)
- In-person cell meetings and gatherings will be suspended.
- 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.