

4Ws for Week 42, 18 Oct 2021 - 24 Oct 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. How Am I Feeling?

Draw on a paper something that reflects your mood this week. Members take turns to share their picture and explain how that picture reflects their mood. The cell leader will then know the condition of his/her sheep and able to pray for the members. [Alternatively you can get them to use the Annotation in Zoom to draw their picture.]

2. Where I grew up in

Share where you grew up in and one interesting point about growing up in this place.

Transition to Worship:

Lord Jesus, thank You that You are a God who know us through and through, and understands all that we are going through. Because of this, for us as Your beloved children, everyday can be a glorious day. We come now before You and give You our total worship. Through Jesus Christ, Amen.

WORSHIP (20 minutes)

You may use the following worship songs:

- 1) Glorious Day (E)
- 2) Agnus Dei (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:

O God, You are worthy of our praise and worship. Come and fill us with a fresh outpouring of Your Holy Spirit as we share and discover new things from Your Word. In Jesus' name we pray, Amen!

WORD (45 minutes)

Memory verse of the week: Job 9:4 (NIV)

⁴ His wisdom is profound, his power is vast. Who has resisted him and come out unscathed?

Sermon Title: R We OK?

By Senior Pastor Daniel Khong

on 16-17 Oct 2021

Scripture Passages: 1 Corinthians 13:4-8 (NLT)

⁴ Love is patient and kind. Love is not jealous or boastful or proud ⁵ or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. ⁶ It does not rejoice about

injustice but rejoices whenever the truth wins out. ⁷ Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

⁸ Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever!

Introduction

All of us go through stresses in life, and now even more so with the covid-19 situation and its concomitant impact of loss of jobs, income, and even personal privacy due to work from home, etc. These stresses deplete our physical energies and create mental stress. Coping with these mental stresses is important for good mental health. The Church Community has to be a community that supports individuals who are undergoing emotional and mental stress; the Church has to be a community which creates the right environment for mental wellness in the following ways:

- a) We can empathise even when we don't understand
- b) We can be present even when we don't really have a solution
- c) We need to value people even when we aren't really qualified

Discovery and Understanding Questions:

Q1. Define empathy. How can we empathise?

A1. Empathy is the ability to sense and relate to other people's thoughts or feelings.

To empathise with someone, we need to have kindness of heart and start off being very patient to listen. We need also to be compassionate to be able to identify with what the other person is going through and his feelings.

1 Corinthians 13:4 (NLT)

⁴ Love is patient and kind...

Matthew 9:35-36 (NKJV)

³⁵ Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people. ³⁶ But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.

Q2. Define being present. What does being present entail?

A2. Being present is the ability to accompany someone through whatever it is he/she is going through. Being present entails patiently listening to others, carrying his load with him, seeking to understand his burdens; and not trying to impose our ideas of how the problems/issue can be resolved. Just being present with another in his sorrow, shows we value him as a person.

1 Corinthians 13:5 (The Message)

⁵ Love doesn't force itself on others,

Galatians 6:2 (NKJV)

² Bear one another's burdens, and so fulfil the law of Christ.

Matthew 26:38 (NIVUK)

³⁸ Then he said to them, 'My soul is **overwhelmed with sorrow** to the **point of death**. Stay here and keep watch with me.'

Application Questions

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

Q1. Share ways in which as a CG you can support those who are suffering, either in the CG or outside the CG.

1 Corinthians 12:26-27 (NIVUK)

²⁶ If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.

²⁷ Now you are the body of Christ, and each one of you is a part of it.

Q2. Allow members to share their struggles/stresses during this period. Besides praying, brainstorm ways/practical things you can do for this member.

Transition to Works:

Dear Jesus, thank You that You care for us and You put us into a caring community. Help us as we work toward being more caring to one another and to our wider community; make us sensitive to the needs of the people around us; open our eyes to opportunities to minister to others in need; give us compassionate hearts; let our hearts reach out to others. In Jesus' name.

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. Take time to pray fervently for the current XFXZ groups running in Wave 5.

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.

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.

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 @fbcscg.