

## **4Ws for Week 44, 26 Oct - 1 Nov 2020**

*(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. Guess That Phrase?**

Preparation: cue the YouTube video: <https://www.youtube.com/watch?v=OFMHH6VYZVM> to watch it from **4 mins 07 sec** to **4 mins 48 sec** (i.e. 4:07 – 4:48) before the cell meeting.

Choose a few members to say their phrase one at time with their mic turned off. The rest will lip read and try to guess what the member is saying. You can change phrases to Biblical characters, short Bible verses etc.

#### **2. This Thing is Me**

Preparation: cue the YouTube video: <https://www.youtube.com/watch?v=pAz-RZ-ryUQ> to watch it from **2 mins 08 sec** to **3 mins 50 sec** (i.e. 2:08 – 3:50) before the cell meeting.

This is a getting to know you game for the cell. The host starts by holding up an item i.e. a fork, and say “this is me because I like spaghetti and I need to eat spaghetti with this fork”. After that the host will choose one member to say something – the member can either say this is me or this is not me in regards to the fork. Set time limits (e.g. 3 secs), for members to say something. More can share as time permits for one item. To vary, the host can move to the next item. Before the cell meeting, the host of this ice breaker should prepare a few items including what to say for each item.

#### **Transition to Worship:**

*Praise God we are able to gather together in this season. Let us take our mind off what is happening around us and focus on our faithful God. He is the one who will provide for all our daily needs and give us a hope and a future. For He is the defender of the poor and the forgotten. He is the lover of wounded hearts and He loves us very much. Let us now sing to the maker of heaven and earth and give Him praise. Hallelujah!*

### **WORSHIP (20 minutes)**

You may use the following worship songs:

1. Faithful – Chris Tomlin (D)
2. Great Is Your Faithfulness (C)
3. Waymaker (G)

Let us pause to wait upon the Lord for the ministry of the Holy Spirit. We 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:**

*Dear God, thank You for Your word to us on finding rest in You. Thank You for commanding us to rest so that we can be restored, enabled, satisfied and trust in continuing to walk in Your purpose for us. Teach us, O Lord, to understand and apply Your word in our lives. In Jesus' name we pray, Amen!*

**WORD (45 minutes)**

**Memory verse of the week: Jeremiah 51:15**

<sup>15</sup> He made the earth by his power; he founded the world by his wisdom and stretched out the heavens by his understanding.

**Sermon Title: Finding Rest (1)**  
**By Senior Pastor Daniel Khong**

**on 24 & 25 Oct 2020**

**Scripture Passage: Matthew 11:28-30 (NLT)**

<sup>28</sup> Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy to bear, and the burden I give you is light."

### **Introduction**

It is important for us to find rest especially in this season as we all live in a culture of busyness. With technology there is an increase in productivity but it also infringe into our private lives and homes as we can be connected at all times. A lot of things in our lives today encourages busyness, and if we're not mindful of that, we can easily get swept up into this vortex of busyness. We can be caught up in our jobs for career progression, or to keep our jobs.

When Jesus was here on earth, He told the people that He did not come to abolish the law but rather to fulfil it. One key part of the law that came from God through Moses was on rest. That's why Jesus was found on several occasions talking about rest or the Sabbath. The problem has never been the presence of work but rather the absence of rest. That is why God has instructed man to rest and demonstrated rest after He created heaven and earth, so that we will understand the importance of rest and commit to making rest a part of our lives. Why is it important to find rest? We need to find rest so that we can have:

- 1) Restoration – to return to a former condition.
- 2) Enablement – the process of making someone able to do something.
- 3) Satisfaction – pleasure derived from the fulfillment of one's expectations.
- 4) Trust – trusting God.

### **Discovery and Understanding Questions:**

**Q1. What is the fourth commandment and what does it mean to us?**

**A1.** From Exodus 20:8-11, the fourth commandment is to observe the Sabbath, which is the appointed rest day from God. Sabbath in its original Hebrew word, "Shabbat" is defined as – to rest, stop, or cease from work. Thus, we need to be obedient to God by making a point to rest.

**Exodus 20:8-11 (NLT)**

<sup>8</sup> “Remember to observe the Sabbath day by keeping it holy. <sup>9</sup> You have six days each week for your ordinary work, <sup>10</sup> but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. <sup>11</sup> For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

**Q2. What can we learn from Hebrews 4:9-11 about rest?**

**A2.** From Hebrews we can see that God’s message on rest has not changed through time. Regardless of what is going on in our lives we need to make it a point to rest because by not doing so, it is considered disobedience.

**Hebrews 4:9-11 (NIVUK)**

<sup>9</sup> There remains, then, a Sabbath-rest for the people of God; <sup>10</sup> for anyone who enters God’s rest also rests from their works, just as God did from his. <sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

**Q3. Why is it important to find rest?**

**A3.** It is important to find rest so that we are restored, enabled, satisfied and know what it means to trust, and then we will find restedness in our spirits and souls to continue to walk in God’s purpose for our lives.

**Application Questions**

Break into smaller groups, share, pray and minister to one another. Cell leaders can use breakout rooms to allow members have a more personal ministry time.

**Q1. Do you think you have a problem of under resting or over resting?**

Take turns to share why you feel you need more rest or less rest.

**Q2. What do you need to change in your life to find the rest designed by God?**

Take turns to share and pray for each other in groups of 2s and 3s. Be understanding during sharing and do not be quick to judge but with prayer and supplication commit all our needs to God. Be sure to apply the changes shared by being accountable to one another.

**Transition to Works:**

*Lord, You have commanded us to find rest. Help us to be committed to finding rest in our busyness this week so that we can be restored, enabled, satisfied and to trust in You for all our needs. Help us to be a good example to others in our work-and-rest balance so that we can be the salt and light to the world.*

**WORKS (15 minutes)**

**1. Continue to Connect**

**a) With cell group members**

1. Hold your cell members accountable to watch the Livestream Service or download the message to listen later.
2. Seek ways and means to stay connected with each other. For example:

- a. Synchronize prayer times
  - b. Share devotional thoughts through WhatsApp. Encourage your members to post 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 that you like on Instagram by leaving these in your cell group hashtag as a comment. Everything that has been tagged with your cell group hashtag will be available for the entire group to see!
  - 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](http://www.fcbc.org.sg/connectwithus)
- For Chinese -- [www.fcbc.org.sg/zh/connectwithus](http://www.fcbc.org.sg/zh/connectwithus)

Encourage 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.

3. Organise activities for your CG members to connect face-to-face with their contacts, e.g. go for a nature walk, meet together for meals, etc. But please keep to social distancing guidelines and limit to no more than 5 per group.

**2. 3x3 Prayer**

Ask the Holy Spirit to reveal the strongholds that bind the people. Ask Him to set up divine appointments for us 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.

**3. Consolidation of New Converts**

Assimilate them! Let them have a sense of belonging with 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.

**Announcements:**

For more announcements, please visit [www.fcbc.org.sg/announcements](http://www.fcbc.org.sg/announcements) or our social media platforms – we can be found on Facebook and Instagram @fbcscg.