

## **4Ws for Week 45, 2 - 8 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. Memory Album?**

Get members to draw a picture that captures a memory that the cell group shared. For newcomers, share about a memory with the person who brought them to the group. Take turns to show the picture on Zoom and share about the memory with the group.

#### **2. In the House**

Facilitator will private message each member a household item. The members will take turns to act out the item over Zoom video, and the rest will guess what it is.

Suggestions for the household items:

- |                   |                 |
|-------------------|-----------------|
| 1. Comb           | 6. Towel        |
| 2. Hairdryer      | 7. Showerhead   |
| 3. Vacuum cleaner | 8. Watering can |
| 4. Kettle         | 9. Door         |
| 5. Fan            | 10. TV          |

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

*Jesus, You are our amazing God and You give us amazing grace. Lord, as we worship, let us experience Your amazing grace. Amen.*

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

You may use the following worship songs:

- 1) This Is Amazing Grace (D)
- 2) Cornerstone (G)
- 3) You Are Good – Kari Jobe (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:**

*Lord, You are amazing! You are good. Your goodness is shown in Your Word – You seek our welfare. In Your Word, You ask us to rest. We thank You for Your exultation in Your Word to protect and strengthen us. Speak to us through Your Holy Spirit as we seek to learn to rest in You and in Your Word. In Jesus' name we pray, Amen!*

### **WORD (45 minutes)**

## Memory verse of the week: 1 Thessalonians 4:7 (NIVUK)

<sup>7</sup> For God did not call us to be impure, but to live a holy life.

**Sermon Title: Finding Rest (2)**  
**By Senior Pastor Daniel Khong**

**on 31 Oct & 1 Nov 2020**

### Scripture Passages:

#### 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."

#### 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.

### Introduction

Last week, we covered REST:

1. Restoration – of our strength and energy
2. Enablement – for us to do our work.
3. Satisfaction – over the work we've done
4. Trust – in God, that He is looking out for us

This week we cover two things we need to do to REST:

1. Disconnect from what drains us.
2. Connect with what replenishes you.

### Discovery and Understanding Questions:

**Q1.** Meditate on the verses below.

- a) What have you learnt about how Jesus managed His busy life?
- b) What are some things that drain you and which you should disconnect from?

**A1.**

- a) Jesus took time away from the crowd and the activities around Him to be alone with His disciples; He taught His disciples to do likewise.
- b) Possible draining things are – relationships, household chores, work, crises, new addition to the family, etc.

#### Mark 6:30-32 (NLT)

<sup>30</sup> The apostles returned to Jesus from their ministry tour and told him all they had done and taught.

<sup>31</sup> Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. <sup>32</sup> So they left by boat for a quiet place, where they could be alone.

#### Psalm 46:10 (NIVUK)

<sup>10</sup> He says, 'Be still, and know that I am God...

### **Psalm 131:2 (NLT)**

<sup>2</sup> Instead, I have calmed and quieted myself...

**Q2.** Look at the example of Jesus in the texts below. What can you learn from this?

**A2.** He set aside time to be alone. He connected with God. Prayer was His source of strengthening.

### **Matthew 14:22-23 (NLT)**

<sup>22</sup> Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. <sup>23</sup> After sending them home, **he went up into the hills by himself to pray.** Night fell while he was there alone.

### **Luke 5:16 (NIVUK)**

<sup>16</sup> But Jesus **often** withdrew to lonely places and prayed.

### **Luke 5:15-16 (NLT)**

<sup>15</sup> But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. <sup>16</sup> But Jesus often withdrew to the wilderness for prayer.

### **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.** Think through your life and list the things that have mastered you. What do you need to do to re-order your life to get the rest you need?

### **1 Corinthians 6:12 (NIVUK)**

<sup>12</sup> 'I have the right to do anything,' you say – but not everything is beneficial. 'I have the right to do anything' – but I will not be mastered by anything.

**Q2.** How can you as a CG encourage each other to rest? How can you protect one another's rest time?

### **Isaiah 40:31 (NKJV)**

<sup>31</sup> But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

### **Hebrews 4:11 (NKJV)**

**11** Let **us** therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.

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 rest. Teach us biblical rest. As we rest, keep us from slothfulness and help us achieve the right balance, to glorify You. As we rest, help us to remember to connect too!*

## **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.fbc.org.sg/announcements](http://www.fbc.org.sg/announcements) or our social media platforms – we can be found on Facebook and Instagram @fbcsg.