

Weekly Cell Guide

Member's Copy

Series - Building The Future **Date** - 24-May-2020
Topic - Overcoming Discouragements in our **Speaker** - Ps Lionel Goh
 Rebuilding

WELCOME [15 min]

You may want to look up the following websites for *icebreakers* suitable for your cell.

[Ice Breakers 1](#)

[Ice Breakers 2](#)

WORSHIP [15 min]

You may select songs like

1. Complete
 2. You Are My All In All
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BIBLE READING PLAN [10 min]

Take some time to talk about the Bible Reading Plan. The time of sharing can include the following:

- a) How's everyone's progress so far?
 - b) What are some things that God has spoken to you through the various readings?
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WORD [45 min]

Spiritual Objectives

At the end of the sermon discussion, cell members will:

1. Recognise that we will face discouragement and opposition when doing God's work
2. Remember to look up, look forward, look out and look after

Sermon Summary

The following are the key points of the sermon:

1. The Israelites faced difficulties and discouragements when rebuilding the wall
2. We are to turn to God as a first response when facing difficulties
3. We need to keep sight of God's purposes and support one another

Sermon Recap (Full Summary)

Pastor Lionel preached from Nehemiah 4, when the people of Israel faced opposition in the rebuilding of the wall. The people faced opposition, questioning, were overworked and

greatly discouraged. Through this chapter, we see how Nehemiah led his people through the difficult times.

In the same way, there are times when we experience difficulties and discouragements when we want to walk in God's will. We cannot let the Enemy come and steal, kill and destroy. We are to come to God as our own first response, to look and encourage each other in the stormy season. Let us not lose sight in rebuilding the church and God's kingdom.

Pastor Lionel shared 4 pointers:

1. **Look up (and seek God for help, strength and wisdom)** - Nehemiah sought the Lord in difficult situations and prayed to Him after Sanballat and Tobiah jeered at them. In the same way, let us look to the Lord and find courage in Him (vv 4, 9).
2. **Look forward** - Nehemiah comforted the people (v 14). Nehemiah reminded them of the goodness of God and the vision that they were rebuilding their homes and their nation. Let us press on and look forward - when we build our inner lives, cells and church, we are building the kingdom of God.
3. **Look Out** - to be alert and aware of our enemy and take him seriously. Nehemiah took the threats seriously and organised his team into two groups - one to build the wall and the other to stay guard. He put other arrangements in place so that they remained on guard (vs 16-18).
4. **Look After** - Nehemiah knew that in order for the people to thrive, everyone had to look out for each other and to take their place at the wall. He later released the slaves free and got the rich to share their resources with the poor. The people felt a sense of belonging. In the same way, let us look out for our fellow brothers and sisters especially those with struggles and shower them with practical acts of kindness.

Discussion Questions

1. **In Nehemiah 4, it writes about how Nehemiah and the Israelites overcame discouragement. What did they do and what are some lessons we can learn from them?**
2. **Share a time when you faced discouragement, opposition or fatigue when you wanted to do what pleases God or walk according to His purposes. How did you overcome it?**
3. **Pastor Lionel shared about 4 pointers - Looking up, looking forward, looking out, and looking after. Share a point that you would like to start / continue doing. Share how it can be done during this COVID-19 season.**

WORKS [10 min]


Let's pray:

1. COVID-19 Season

- Let us continue to pray for the COVID-19 season especially as we exit the Circuit Breaker in stages.
- Continue to pray for protection, providence and healing for our foreign workers during this season.

ANNOUNCEMENTS

1. **Bible Reading Plan.** The Bible Reading Plan is available on our church website (www.riverlife.org.sg/brp). You can download this week's reading plan there.



"HONOUR GOD WITH EVERYTHING YOU OWN;
GIVE HIM THE FIRST AND THE BEST."
PROVERBS 3:9 (MSG)

Give Digitally

Here are two cashless ways to give your tithes and offering.



1. PayNow

Log in to your bank's existing mobile banking app.
Scan this QR code on the right.

2. Interbank Transfer

RiverLife Church Bank Account:
DBS Autosave 029-902431-0
Bank Code: 7171
Branch Code: 029

SCAN ME



Church Vision

"A radiant disciple-making church catalysing Kingdom transformation in our communities and the nations."

Mission

We exist to make disciples who behold Christ and reveal Him.