

Weekly Cell Guide

Member's Copy

Series - A Counter-Cultural Life **Date** - 01-Nov-2020
Topic - We Can Triumph Over Unjust Sufferings! (1 Peter 3:18-22) **Speaker** - Ps Lionel Goh

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. In Christ Alone
 2. Build My Life
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WORD [45 min]

Spiritual Objectives

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

1. Know that we will triumph over unjust suffering because we have Jesus with us.
2. Prepare mentally and spiritually to go through unjust suffering so that we can face it fearlessly when it comes.

Sermon Summary

The following are the key points of the sermon:

1. We will suffer unjustly in this world.
2. Jesus has gone through unjust suffering before and He will help us in our journey.
3. Our posture towards unjust suffering should be one of readiness, courage and faith in God.

Sermon Recap (Full Summary)

In this fallen world, we will suffer unjustly (1 Peter 3:17). Jesus had gone through this journey before and He will help us go through challenges in our lives if we seek Him (John 16:33). We will come out of our sufferings stronger because suffering is never for nothing.

1. How does Jesus help us overcome unjust sufferings? (1 Peter 3:18-22)

- a. His *example* inspires us on our journey (v 18, 22)
 - Jesus died unjustly. He who has no sin died for us who sinned.
 - When we are suffering unjustly, remember that Jesus went through it as well, and yet He continued to do good to others. At the end of it, He was exalted.
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- Similarly, when we are suffering, we should continue to do good because God will reward us at the end.
- b. His **death** brings us safely home to God (v 18)
 - Jesus has purchased all of us with His blood. When we believe in Him, we know that our final destination will be with God for eternity. Because of the hope we have, we are able to bear with the unjust sufferings.
 - c. His **triumph** breaks all demonic strongholds in our lives (v 19-20)
 - There are many views and interpretations of v 19-20 but Ps Lionel takes the ‘angel’ view. That view believes the “imprisoned spirits” mentioned in v 19 are fallen angels who procreated with “the daughters of humans” (Genesis 6:1-4) during the time of Noah, thereby sinned and were imprisoned by God (Jude 1:6, 2 Peter 2:4). Sin was so rampant then that even angels sinned as well, which led God to flood the world.
 - Jesus went down to Hades to proclaim His triumphant victory over the fallen angels; He has disarmed the powers and authorities of darkness (Colossians 2:15). Thus, we can rejoice that darkness has no hold over our lives and we can overcome suffering like Jesus did.
 - d. His **resurrection** assures our safe landing (v 21)
 - When Noah and his family went through the flood, they went through a baptism as well. They were given a clear conscience (from the baptism) and when they called upon God, they were saved.
 - When we are going through the storm, we can call upon God to save us because we too have a clear conscience through Jesus’ death and resurrection, and God will assure us of our safe landing (Isaiah 43:2).
 - e. His **glorification** guarantees our final victory (v 22)
 - Jesus did God’s will and glorified God; God exalted Him and gave Him a position of power and authority over everything. Hence, Jesus’ glorification guarantees our victory over unjust suffering so that we will reign with Him when the time comes (2 Timothy 2:11-12).
 - We are more than conquerors in Christ (Romans 8:37-39) because He loves us.

2. How then should we prepare ourselves for unjust suffering? (v 4:1, 3:14-15)

- a. Be ready to suffer
- b. Don’t worry or be afraid
- c. Commit yourself and your pain to God
- d. Focus on worshipping the Lord.

3. Conclusion

When we suffer, accept and embrace the suffering. Focus on what Jesus has done. Look forward to the reward that is waiting for us at the end. Suffering brings about big revelations of God and helps us to grow spiritually.

Discussion Questions

1. **Have you encountered unjust suffering? Share your experience with the group. How did that experience affect your personal faith in Jesus?** [10 min]

2. **How does our suffering glorify God and strengthen others who are going through the same thing?** [15 min]

3. **Ps Lionel also shared 4 steps we should take when we encounter suffering:**
 - a. **Be ready to suffer**
 - b. **Don't worry or be afraid**
 - c. **Commit yourself and your pain to God**
 - d. **Focus on worshipping the Lord.**

Which of these steps is the most difficult for you when you encounter suffering? Why is it so? [15 min]

WORKS [10 min]

Let's pray:

1. Pray that we will:
 - Be ready to face suffering when it comes and not to despair and give up hope.
 - Do all things to honour God, even in our sufferings, for He is most glorified when we commit all our painful experiences and all of ourselves to Him.
2. Pray for the pilot partial resumption of in-person gatherings
 - We continue to support and encourage one another in our church community through physical and virtual gatherings as we adjust to the new changes.
 - Wisdom for the leadership and staff to implement safe management measures and other changes for the in-person gatherings.

ANNOUNCEMENTS

1. Pilot partial resumption of in-person services

Only 100 worshippers can attend in-person services with safe management measures in place. More details, including how to obtain tickets, will be released soon.

- Mandarin & Dialect (Combined) - Sat, 10am | Starting 7 Nov
- Youth - Sat, 2.30pm | Starting 7 Nov
- English Adults - Sun, 9am | Starting 15 Nov

Children's Ministry and Cradle Roll will remain closed for the time being. Parents with children are encouraged to join our online service from home.

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.