



WEEKLY CELL GUIDE

03 JAN 2021 | RESTING IN GOD | PHILIPPIANS 4:4-9
Series : New Year's Day Message | Speaker : Pastor Emeritus William Lee



WELCOME

[15 MINS]

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

[Ice Breakers 1](#)
[Ice Breakers 2](#)



WORSHIP

[15 MINS]

You may select songs like

1. You Alone
 2. Christ is Enough
-



WORD

[45 MINS]

SPIRITUAL OBJECTIVES

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

1. Know how they can train their hearts to rest in God; and
2. Identify 3 keys they would like to work on for 2021 in order to train their hearts to rest in God.

SERMON SUMMARY

Anxiety and fear are characteristics of the last days. Luke 21:26 (NIV) states about the last days - "People will faint from terror, apprehensive of what is coming on the world, for the heavenly bodies will be shaken." As believers, we must train our hearts to rest in God in order to have God's peace. In order to be rested in God, we need to cultivate 6 keys for a rested heart as exemplified by the Apostle Paul – "be joyful, gentle, prayerful, thankful, focused

and practice a life of discipleship by following Christ's example." When we rest in God and hold on to His promises, the peace of God will guard our hearts and minds through 2021 and beyond.

SERMON RECAP

Introduction

2021 is a year with a lot of uncertainties. This may bring forth anxiety and fear in our hearts. If we are to overcome fear and anxiety, we need to cultivate a posture of restedness in our lives. In Philippians 4:4-9, the Apostle Paul gives us 6 keys on how we can cultivate a posture of restedness.

1. *Be Joyful (v 4)*
Paul, although in prison, urges his disciples to "rejoice in the Lord always" (v 4). Being joyful is a choice. We can go through 2021 with the joy of the Lord! It is our choice.
2. *Be Gentle (v 5)*
We must be gentle in both verbal and non-verbal communications. Our gentleness must not only be limited to when we are in church or at the workplace, but also in our homes.
3. *Be Prayerful (v 6a)*
We must pray in times of plenty and in times of need in 2021. Being prayerful goes beyond good intentions to pray. We must turn our intentions into actions. We can start by praying for our family.
4. *Be Thankful (v 6b)*
In times of lack or frustration, it is easy to forget how much God has blessed us – He has given us salvation, He has called us out of darkness, He has placed us in His family, etc. It is especially during these times, that we need to remind ourselves of all that God has already blessed us with and worship Him with a heart of thankfulness – see Psalm 100:4.
5. *Be Focussed (v 7)*
In 2021, we must recalibrate our bearings towards eternal things. The things of this world will fade away, while the things that are above, are eternal. Therefore, we should set our bearings on things that are above. See Colossians 3:1.
6. *Be Discipled (v 9)*
Our spiritual life must be our responsibility, not the church's. The church's role is simply to complement our efforts. Therefore, we must make our spiritual life our responsibility.

DISCUSSION QUESTIONS

1. **As this is the first cell meeting of the new year, reflect on 2020 in the aspects of faith and discipleship. Share about those areas of your life that you felt you have grown in Christlikeness as well as areas in your life that you will need to grow further. [15 Mins]**
2. **Pastor William shared 6 keys on how we can cultivate restedness in God. Pick 3 keys that you want to work on in 2021 and share with the cell why you chose these 3 keys. Also, share with the cell how the cell (or subgroups) can help spur you on in cultivating these 3 keys. [10 Mins]**
3. **The reality of life is that we encounter distractions all the time. What are some distractions you may encounter as you pursue to cultivate a posture of restedness? What can you do to manage these distractions? [10 Mins]**



Consider dividing the group into sub-groups for a deeper time of sharing as well as praying for the following items:


- 1. Posture of Restedness**
Pray that we will cultivate a greenhouse in our lives for God's peace and restedness to reign.
- 2. Managing Distractions**
Pray that with God's help, we will manage those things that will distract us from cultivating a posture of restedness.



ANNOUNCEMENTS

[5 MINS]

- 1. Bible Reading Plan.** This year, we are commencing a Bible Reading Plan that will take you through the 66 Books in two years. There are also links to Additional Resources for the overview and key themes and lessons of each Book. You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.
- 2. Senior Pastor's Address on Resumption of Activities in Phase 3.** This Sunday, Jan 10, our Senior Pastor will be giving a pastoral address on the resumption of in-person worship services and cell meetings in Phase 3. He will address the congregation during our 9am English service. Do join us online or in-person (*subject to ticket availability*) to stay updated.



"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

