



WEEKLY CELL GUIDE

24 JAN 2021 | CULTIVATING A VICTORIOUS LIFE OF PRAYER | PSALM 34

Series: Abiding | Speaker: Ps Lionel Goh



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. Spirit Touch Your Church
2. Purify My Heart



WORD

[45 MINS]

SPIRITUAL OBJECTIVES

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

1. Commit to building a prayerful life to have a strong spiritual foundation that does not shake when life's troubles come.
2. Make time for God daily and abide in Him and His Word.

SERMON SUMMARY

We live in a busy world full of daily demands and responsibilities. Often, we do not take time to pray but we forge ahead to discharge our many duties. We need to cultivate a strong inner life by communing with God unceasingly

in prayer and worship. We do that by making time for God daily, abiding in Christ and His Word, trusting in God always, developing a joyful and thankful heart, and exalting the Lord with others. When we do so, we are building strong foundations. When life storms come, our spiritual house will stand strong.

SERMON RECAP

1. Historical Context: [1 Samuel 21:10-15](#)
 - [Psalm 34](#) was written by David during the time he ran to the city of Gath to escape King Saul. David pretended to be insane before Abimelek for he was carrying the sword of Goliath and he feared for his life.
2. An important truth: In life we will face many trials.
 - [Psalm 34:19](#), [John 16:33](#).
 - Trials and troubles will come suddenly and unexpectedly. Prayer helps build and strengthen our foundations to face them.
3. How can we cultivate a strong prayer life and overcome our trials? (4 prayer principles from Psalm 34)
 - We need to know God cares deeply for us (v8-9, 17-18)
 - David knew God intimately – he trusted in God’s character and know that God is good. He also knew that God would always come to our rescue in times of trouble. That knowledge and trust in God’s character kept David strong.
 - Practical implication: Make time to know God intimately ([Mark 1:35](#)).
 - We need to act on God’s promises and pray for His help (v4, 6, 17, James 4:2-3)
 - Just *knowing* God’s character and His promises to us is not enough. David **acted** upon God’s promises and prayed for God’s help. Similarly, we need to act out the promises of God in prayer.
 - Practical implication: Abide in Christ and His Word. Pray continuously ([John 15:5-7](#), [Ephesians 6:18](#)).
 - Abiding means to stay conscious that Jesus is always with you and trust that He will help you.
 - We trust God to answer our prayers in His time (v19, [Psalm 62:1-2](#))
 - When we don’t see God’s help or deliverance, or receive an answer to our prayers, press on! Don’t give in to fear or depression. Never give up praying.
 - Practical implication: Trust God always. Don’t yield to fear ([Isaiah 41:10](#), [43:1-3](#)).
 - When God answers us, let’s thank Him (v1-3)
 - When God answers our prayers, we need to praise and thank Him publicly. Share your joy with others. Don’t rob God of His glory.
 - Practical implication: Develop a joyful and grateful heart ([1 Thessalonians 5:16-18](#)).
4. Conclusion: How do we cultivate a victorious prayer life?
 - a) Make time for God daily
 - b) Abide in Christ and His Word
 - c) Trust God always
 - d) Develop a joyful and thankful heart

DISCUSSION QUESTIONS

1. **What is prayer and why is it so important to pray? How do we develop a life of continuous prayer?** [10 Mins]
2. **Ps Lionel provided 4 prayer principles from Psalm 34. Which one of these would help you enhance your prayer journey at this moment?** [10 Mins]
 - a. **We need to know that God cares deeply for us (v8-9, 17-18)**
 - b. **We need to act on God’s promises and pray for His help (v4, 6, 17)**
 - c. **We trust God to answer our prayers in His time (v19)**
 - d. **When God answers us, let’s thank Him (v1-3)**

3. Read 1 Thessalonians 5:16-18.

“Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”
- **1 Thessalonians 5:16-18 (NIV)**

Develop practical steps from it to cultivate a heart that is constantly joyful and thankful. [15 Mins]



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

1. Sermon Response
 - RiverLifers will develop the discipline of communing constantly with God – that it turns into a habit and lifestyle – so that we can be overcomers and live the victorious lives that God wants for us.
 2. COVID-19
 - For God’s protection on everyone during the CNY period so that the COVID-19 community cases will not increase.
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1. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.
2. **TraceTogether.** The use of TraceTogether app or token for check-in to our church premises will be mandatory from Sat, 23 Jan. 21
3. **Water Baptism Class.** 20 Feb, 9am – 12pm. Faith Chapel. Register for this class at <rlc.sg/baptism-class> by Sun, 14 Feb. For enquiries, please contact Karen Koh at karenkoh@riverlife.org.sg.



"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.

SCAN ME



2. Interbank Transfer

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

