



WEEKLY CELL GUIDE

07 FEB 2021 | Cultivating a Hunger that Satisfies | [Matthew 6:16-18](#), [Isaiah 58:1-8](#)
Series: Abiding | **Speaker:** Pastor Dinah 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. Purify My Heart
 2. I Shall Not Want
-



WORD

[45 MINS]

SPIRITUAL OBJECTIVES

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

1. Know the manner we ought to fast
2. Identify self-indulgent activities that dull one's spiritual life
3. Identify 1 self-indulgent activity to fast from

SERMON SUMMARY

Fasting as a spiritual discipline unlocks the pathway that uniquely awakens our spiritual senses (due to physical hunger). The focus of fasting is God-centred and to feast on Him. Scripture teaches us that fasting should be part of our spiritual life (Matthew 6:16-17), we should fast in secret (Matthew 6:17-18) and we should fast genuinely

(Isaiah 58:1-8), not as empty forms of spiritual practices. When we fast, our spiritual core is strengthened, our spiritual life is sustained, and our spiritual senses are sharpened.

SERMON RECAP

1. In today's culture, fasting is always motivated by vanity (eg. lose weight). In Scripture however, fasting is always done for a spiritual purpose – to meet God through a time of extended prayer.
2. The Manner of Fasting ([Matthew 6:16-18](#), [Isaiah 58:1-8](#))
 - We should fast as part of our spiritual life (Matthew 6:16-17). The goal should never be to manipulate God or so that we can gain our prayer requests.
 - We should fast in secret (Matthew 6:17-18). When we fast, we should not draw attention to ourselves or to impress others.
 - We should fast genuinely (Isaiah 58:1-8). God is displeased with empty forms of spiritual practices while real needs of the poor are ignored. When we fast, we must not ignore the needs of those in society and those around us.
3. The Rewards of Fasting
 - While there are benefits of fasting, they must never be placed above God as the centre of our fast.
 - Benefit 1 – Our Spiritual Core is Strengthened ([Philippians 3:19](#)).
 - Fasting puts our physical appetites in check and ensures we are not controlled by them
 - Out of this freedom from enslavement to our physical appetites, we can then be strengthened in our inner core.
 - Benefit 2 – Our Spiritual Life is Sustained ([1 Thessalonians 5:23](#)).
 - The hunger and discomfort of fasting reminds us to pray and depend on God. Food does not sustain us spiritually!
 - Fasting ensures that our bodies are not ruled by our soul but our spirit.
 - Benefit 3 – Our Spiritual Senses are Sharpened. ([Galatians 6:8](#)).
 - Fasting forces us to turn off, tune out, and to focus on God.
 - When we de-clutter from the noises and distractions in our life; use the meal time and pray in solitude, it enables us to hear God clearly

DISCUSSION QUESTIONS

1. Share with your cell an experience you had in fasting. Share how the process was for you and what are some of the lessons you learnt through the whole process.
2. Why do you think fasting is so hard for those who don't practice it regularly?
3. What are some self-indulgent activities that dull your spiritual life? How can you fast from these activities so that your spiritual senses are not dulled?



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

1. **Sermon Application**

- RiverLifers would incorporate the spiritual discipline of fasting into their lives.
- Through this spiritual discipline, we as a church will have our spiritual senses awakened, and our sensitivity to the things of God and the voice of the Holy Spirit heightened.

2. **COVID-19.**

- Continue to pray for God's protection over our countries and surrounding nations as we continue to battle this pandemic. Pray that all vaccines will be effective in their fight against the virus.



1. **No Cell Guide & Livestream Guide for CNY Weekend.** There will be no Cell Guide as well as Livestream Guide for the Chinese New Year Weekend of 14 Feb. Cells meeting on Friday, 19 Feb, are encouraged to use this discussion guide instead.
2. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.
3. **TraceTogether.** The use of TraceTogether app or token for check-in to our church premises is mandatory since Sat, 23 Jan. 21.
4. **Water Baptism Class.** 20 Feb, 9am – 12pm. We have reached the maximum capacity for the class. If you wish to be on the waiting list, kindly contact Karen Koh at karenkoh@riverlife.org.sg.
5. **CNY Weekend.**
 - *Sat, 13 Feb.* Chinese service as per normal at 10am. No Youth Service.
 - *Sun, 14 Feb.* English service at 9am only. 11am service will resume on 21 Feb.



"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





FASTING

A GUIDE

Adapted from Love Singapore 40-Day Prayer & Fasting Devotional 2019

How to Fast

You are free to fast however the Spirit leads you. Here are some options:

1. **Total Fast.** Abstain from solid foods and beverages for 24 hours. Take only water.
2. **Partial Fast.** Abstain from solid foods for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.
3. **1-Meal Fast.** Sacrifice one full meal a day.
4. **Beverage Fast.** Abstain from solid foods for 24 hours. Take only water and liquid foods such as milk, milo or other health beverages.
5. **Daniel Fast.** Abstain from meats and other favourite delicacies. Take only small portions of fresh vegetables, fruit and juices. You may practise this as a 40 Day routine. Or as Daniel 1:12 suggests, make this a 10-day fast.
6. **Esther Fast.** Abstain from solid foods for 24 hours for 3 days. (Esther 4:16)

How to Enjoy Fasting

1. Set aside time each day to seek God in prayer and fasting. It may be half an hour or one hour or more.
2. Adopt an attitude of prayer as you go about your daily duties at home, at work or at school. Apply what you've learned in tangible actions.
3. Scale down your normal activities. Avoid rigorous exercise such as rock-climbing, cycling or jogging.
4. Be alert. Besides fasting from food, fast from things that distract, such as TV, social media, cybergames, or things that destroy such as coarse jesting or careless words.
5. Break your fast gradually and wisely. For health reasons, you should consume small portions as you breakfast, avoiding chilli or acidic foods as much as possible.



Holy Communion Guide

Significance of Holy Communion

Christ gives us various means with which we can remember Him and His work. None is more significant than the sacrament of the Holy Communion. The list below (not exhaustive) states the various significance of the Holy Communion:

- a) To Remember Christ – “...Do this in remembrance of Me.” (Luke 22:19)
- b) To Recall the Incarnation – “...This is My body...” (Matthew 26:26)
- c) To Remember Jesus’s Death – “...This is My blood...” (Matthew 26:28)
- d) To Remember That We Are Part of the Body of Christ – “...Drink of it, all of you...” (Matthew 26:27)
- e) To Celebrate the Forgiveness of Our Sins – “...Poured out for many for the forgiveness of sins.” (Matthew 26:28)
- f) To Remember Christ’s Great Commission – “...which is poured out for many...” (Matthew 26:28)
- g) To Remember That He Is Returning – “I tell you, I will not drink again of this fruit of the vine until that day when I drink it new with you in My Father’s kingdom.” (Matthew 26:29)
- h) To Remember and Celebrate Our Covenant in Christ – “...This cup is poured out for you is the new covenant in My blood.” (Luke 22:20)
- i) To Meditate on God’s Love – “...which is for you...” (1 Corinthians 11:24)
- j) To Confess our Sins – “...whoever should eat the bread or drinks the cup of the Lord in an unworthy manner will be guilty...” (1 Corinthians 11:27)

Preparation

Before conducting the holy communion, prepare the following items:

1. **The Elements.** Prepare the elements for the Holy Communion. You can assign the communion preparation to one of your cell members. For the bread, you can use either the communion wafer, unleavened bread, normal bread/bun or biscuit. For the juice, use grape juice where possible. If not, juices of any kind are acceptable as well. Also, you might want to consider preparing a trash bin to dispose of the communion cups once the event is done.
2. **Sharing.** Prepare a short exhortation (2-3 mins) focussing on the significance of the Holy Communion and how it applies to the individual. The exhortation should end with a time of reflection and response for the individual.

Holy Communion Script

1. Introduction

"The Holy Communion is an expression of God's love for us. Jesus instructed us to partake of it and remember His sacrifice on the cross until the day He returns again. I invite all of us who are believers aged 13 and above to join us in partaking in the Lord's supper. If you are not yet a believer, we ask that you refrain from partaking the communion and allow the elements to pass you by."

2. Exhortation

Give a short exhortation here on the significance of the Holy Communion. Then, allow your members some time to meditate on what is being shared and to respond accordingly. This part should take no longer than 5 minutes.

3. Partaking the Bread

Pass the bread out to your members.

"I'm reading from 1 Corinthians 11:23-25 - For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you; do this in remembrance of me.' Let us break the bread and take it together in remembrance of our Lord Jesus."

If you are using a wafer, break the wafer together with your members.

4. Partaking the Cup

Distribute the cup to your members.

"Let us hold the cup in our hands. In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.' Let us drink of the cup together in remembrance of our Lord Jesus."

5. Closing Prayer

Say a closing prayer to thank the Lord for the Holy Communion that was taken.