



# WEEKLY CELL GUIDE

**30 MAY 2021 | FORGIVENESS: KEY TO FREEDOM | JOHN 8:31-32, 36,  
ROMANS 12:19-21 and MATTHEW 6:12, 14-15**

Series : Heart Restoration | Speaker : Ps Vincent Lun

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## WELCOME

[15 MINS]

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

[Ice Breakers 1](#)

[Ice Breakers 2](#)

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## WORSHIP

[15 MINS]

You may select songs like

1. Lord, I Offer My life
  2. Build My Life
- 



## WORD

[45 MINS]

### SPIRITUAL OBJECTIVES

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

1. Reflect on the forgiveness and freedom we have through Christ
2. Respond in how we can support one another in the process of forgiveness and letting go.

## SERMON SUMMARY

Pastor Vincent embarked on the first of five sermons of our new series Heart Restoration. This series will unpack the keys to spiritual wholeness so we can experience restorative healing from painful memories, emotional wounds and unhealthy relationships.

1. What is forgiveness? It is choosing to let God be the Judge. This does not mean:

- denying what the person did
- excusing what the person did
- forgetting what the person did

2. How to forgive:

- Recognise the need to forgive
- Remember God's forgiveness
- Decide to forgive
- Speak out forgiveness
- Replace negatives with positives

## SERMON RECAP

1. **What forgiveness is not:**

- a. Denying what the person did
  - Pretending it never happened
  - I don't want to talk or think about it
  - Except that you can't just forget it – it surfaces/ hits you in unexpected moments when something reminds you of the painful experience
  - Only the truth will set you free
- b. Excusing what the person did
  - He did not mean it
  - It was my own fault
  - Circumstances made him did it
- c. Forgetting what the person did
  - We can forgive but may not forget easily
  - Time may help to dissipate the pain/negative emotions but it can take a long time and sometimes it does not really go away – it just gets suppressed

2. **What is forgiveness?**

- a. Forgiveness is choosing to let God be the Judge
- b. Overcoming evil with good ([Romans 12:19-21](#))
  - We cannot be the judge because we will not be fair and it is a burden we should not be bearing.
  - God's judgement can be meted out through His appointed agents like judge, police, governing authorities

3. **How to forgive?**

- a. Recognize the need to forgive
  - "Unforgiveness is like drinking poison yourself and waiting for the other person to die." – *Marianne Williamson*
  - It results in sadness, depression, disturbed sleep, physical illness
- b. Decide to forgive ([Ephesians 4:32](#))
  - Forgiving (*charizomenoi*) = "to exercise grace in freely forgiving"
  - Saying: "We are most like beasts when we kill. We are most like men when we judge. We are most like God when we forgive"

- A process that needs to be repeated - Peeled layer by layer like an onion
- c. Remember God's forgiveness ([Psalm 103: 11-12](#), [Matthew 6:12, 14-15](#) and [18:21-35](#))
- d. Confess to one another and submit to mutual accountability ([James 5:16](#))
- e. Submit to God's good purpose – Joseph ([Genesis 50:18-20](#))

## DISCUSSION QUESTIONS

1. **As a cell, how would you describe forgiveness to someone? Pastor Vincent had also mentioned the different aspects of what forgiveness is not. How would you compare it to the description of forgiveness your cell arrived at?** [10 Mins]
  
2. **Share an experience where you experienced forgiveness or forgave yourself or another person. What was your experience?** [10 Mins]
  
3. **Is there someone you need to exercise forgiveness in this present moment? What are your struggles in exercising forgiveness? Pastor Vincent also shared about various pointers on how to forgive. Is there any pointer that you would like to put into practice?** [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 Application

- God will reveal to us any individuals whom we need to forgive
- We will commit our hurts to God and ask Him to grant us the grace to forgive

### 2. COVID-19 Situation in Singapore

- The COVID-19 situation in Singapore would be under control and that we would revert to having low infection in the community and dormitories.
- Continued progress in Singapore to overcome the negative economic and social impact of the current crisis.

### 3. COVID-19 Situation Worldwide

- Swift end to the COVID-19 crisis in the world, especially in India and the rest of South Asia.
- Healing and comfort for those who are sick and suffering.
- Protection and guidance for the healthcare professionals who are at the frontline, giving them wisdom, courage and strength to confront this crisis.



## ANNOUNCEMENTS

[5 MINS]

1. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.
2. **2021 AGM.** In view of the ongoing COVID-19 situation, we will be conducting our AGM online on Sun, 20 Jun at 2.30pm. The notice of AGM and accompanying papers will be despatched to you by email and published on our website at a later date.
3. **RLCares.** Due to the new COVID safety measures, the first RLCares distribution has been postponed from 5th June to 10th July if restrictions do not extend past June. Groups involved have been encouraged to use the 5th June slot to gather on zoom to pray for Singapore and the recipients of their distribution efforts.
4. **RCS Family Run (31 May-13 June).** Free Entry. RCS is having a RCS Family Run to raise awareness and funds for the programmes and services that they do to support families in need, in North-East region of Singapore. To sign up for the Family Run: [rlc.sg/rcsrun](http://rlc.sg/rcsrun) (by 31 May) To donate: [tinyurl.com/rcsrundonate](https://tinyurl.com/rcsrundonate) If you have queries on the Family Run, checkout the instructional video: <https://youtu.be/FwP94eEbKwM>
5. **SPYCES.** Span of 5 Sunday afternoons from 27 June, 2:00 pm to 5:00 pm. [rlc.sg/baptism-class](http://rlc.sg/baptism-class)

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