



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]

### Leader’s Notes

Prayer is talking to God. It is our way of communicating our thoughts, needs, and desires to Him. It is an avenue that God has provided for the believer of making known the deepest feelings of our heart. It is an act that we must partake in constantly, not just daily, but at every moment of everyday. Before we embark on a new project or task, pray. Before we go to work or school, pray. Before we drive, pray.

Even the insignificant things can be prayed about: for an available parking lot, over a pimple on your nose, a bad meal that you just had. God wants to hear it all. It is akin to sharing every moment you experienced with your loved ones (i.e., spouse, partner, family, etc.), but this is with God. Nothing is too great or too small for

God. He wants us to voice our thoughts, our opinions, our cries, our bitterness, our unhappiness, our joy, our blessings, *our everything*, to Him.

Prayer also expresses our dependence on him. The depth and regularity of our prayers indicate how much we depend on him and how much we depend on ourselves. For our lives to be victorious, we need to let go and let God take over. We need to rely on him completely. By praying, we acknowledge that we need God, and that we cannot accomplish anything on our own strength.

#### Developing a Prayer Life

For those of us who do not have a consistent prayer life, we need to cultivate a daily discipline to pray. It may seem regimental, but this would help you to create a lifestyle to allow the passion for prayer to flourish. After a while, discipline will transition into passion! The key is to continuously cultivate the discipline until it becomes one's second nature to pray!

Resource: [8 Keys to a More Powerful Prayer Life in 2021](#)

#### Transition

We often treat prayer as a last resort when all else fails. However, the Bible shows the victory that we could have if we prayed before going into battle. God loves it when we call out to Him. Therefore, pray often and continuously reach out to Him.

2. **Ps Lionel provided 4 prayer principles from Psalm 34. Which one of these would help you enhance your prayer journey at this moment?** [\[10 Mins\]](#)
- We need to know that God cares deeply for us (v8-9, 17-18)**
  - We need to act on God's promises and pray for His help (v4, 6, 17)**
  - We trust God to answer our prayers in His time (v19)**
  - When God answers us, let's thank Him (v1-3)**

#### Leader's Notes

Assess where you are at in your prayer journey. Which one these principles are you already practicing and which is lacking? Focus on one principle and share with the cell why you chose this and how it would help you level up in your prayer journey.

#### Transition

No matter where we are in our prayer journey, the goal and desire would be to level up and to pray as much as we can. We also need to imprint these truths in our hearts: that God does care deeply for us, that He wants us to act on His promises through prayer, and that He will answer our prayers in His time. When all is said and done, it is equally as important to give thanks to God and exhort His goodness publicly.

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.** [\[15 Mins\]](#)

#### Leader's Notes

Some questions to ponder on as we analyse the verse:

- *v16 – "Rejoice always"*: Does that mean we have to always feel happy? How do we rejoice in the storm? How do we rejoice in the Lord?
- *v18a – "Give thanks in all circumstances"*: In what kind of circumstances do we usually give thanks to God? How do we give thanks? How often do we give thanks in bad circumstances?
- *v18b – "For this is God's will for you in Christ Jesus"*: What is God's will for you? How do you accept that it is God's will for you when the situation is bad?

Some practical steps would be:

- To praise and worship God regardless of the circumstances.
- In bad times, remember that God is close to the broken-hearted and would never forsake us.
- Remember His promises to us and trust in His character, no matter what crisis we are facing.
- Commit some scripture verses to mind and recall them whenever you need reminders. [Psalm 23:1](#) is an easy one to remember; it means so much and applies to most circumstances.

### Closing

Being joyful and thankful are not feelings that we feel. It is expressed in actions and our behaviour. We express joyfulness and gratefulness in how we carry ourselves, in how we react in crises or heart-breaking news. We can despair and we can be down, but we always have the living hope in us that brings to us comfort and reassurance. Remember, we have God on our side. We just need to bring everything to Him in prayer.

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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](mailto: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

