



# WEEKLY CELL GUIDE

**1 AUG 2021 | GPS CHECK! | PHILIPPIANS 3:12-14**

Series: Following Christ | Speaker: SP Ben KC 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. The Power of Your Love
2. Purify



## WORD

[45 MINS]

### SPIRITUAL OBJECTIVES

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

1. Reflect on where we are in this race of faith.
2. Take action steps to continue running the race

### SERMON SUMMARY

- God has a purpose for our lives (v 12). We are to keep a focused attitude (v 13) and to keep pursuing the call of Christ (v 14).
- The Christian life is comparable to a marathon. It is a daily challenge that requires focus, effort and perseverance to overcome the obstacles in our way. Are we in the race today? Some of us have not started

running the race while some of us may have stopped running for a while due to discouragement and tiredness. Pastor Ben exhorts us to keep our eyes on the prize and to start running again.

- Pastor Ben also exhorts us to take heart knowing that we will have joy walking with Christ as we seek and pursue Him. It is not an easy race and can be exhausting, but the reward at the end will surpass it all. Let us encourage one another to keep on running and to finish the race well.

## **SERMON RECAP**

Pastor Ben spoke about the recent Tokyo 2020 Olympics and how the athletes work hard to be able to qualify to participate in it. It requires focus and determination. Likewise, this is the same in the pursuit for Christlikeness and knowing God. The Bible compares the Christian life to a race and it requires effort to overcome the obstacles we may face in the way.

Through [Philippians 3:12-14](#), Paul leads by example to show how his entire life was about the pursuit of Christ and becoming like Him. His one goal in life was to obey God's word and win God's prize for him. God has a purpose and prize for us as well.

The essentials for finishing the race and winning the prize are to get in shape spiritually, to run towards the goal with perseverance, to grow in Christlikeness, and press on towards the goal.

### **1) God Has a Purpose for Us (v 12)**

- God pursues us with the purpose of us becoming one with Christ. ([Romans 8:29](#))
- He saves us from hell and patterns of corruption and sin to transform us to become like Christ
- God has a plan for us. We can be active contributors in His plan!
- How do we make His purpose our purpose?
  - Be honest about where we are in our Christian walk (v 12a) – God's grace covers us when we humble ourselves before him
  - Align our goals with God's goals for our lives (v 12b) – We belong to God. Let's give God our first fruits and not our leftovers.
  - There are times where we may feel that we are far from becoming like Christ. Pastor Ben encourages us to press on in our journey. We are all works in progress, being perfected in Christ is to be at the level of complete spiritual maturity ([Ephesians 2:10](#)). Let us grab hold of the One who grabs hold of us. We can do that by spending time in the word and prayer in His presence.

### **2) Having a Focused Attitude (v 13)**

- In verse 13, Paul writes about him being in the process of getting rid of distractions, being single-minded and choosing to be focused.
- Paul wrote about forgetting his past achievements and pressing forward.
- As we focus on the present, Pastor Ben also encourages us to consider what we have set our sights on – are we desiring the things of God, are there times we strayed, or deliberately chosen another route?
- The spiritual life is a continual battle against ourselves, and like the Olympians, there are no shortcuts to go into top physical conditioning ([1 Corinthians 9:26](#), [1 Timothy 4:7](#))
- Our attitude is important - we are exhorted to have a teachable heart. A teachable heart is not a know-it-all nor one that refuses to learn from others. A teachable heart is submissive and ready to respond to what we learn from God's word.

### **3) Pursuing the Call of Christ (v 14)**

- We can only live in the here and now. Let us make the most of our time! God promises that there are better things for us ahead.
- Through the passage, we see how Paul is living for the day when he has finished the race. This motivated him to live fully and wholeheartedly.
- We are to avoid two extremes – “We must do it all” where there is no reliance on God and “God must do it all” where we rely fully on God but do not take any action.
- It is a partnership and a mutual active participation – God matures us as we seek Him through reading the Word, prayer, service, etc.
- In this race, our goal, calling and prize is Jesus. Our finish line is His presence. Our reward is being with Him in eternity.
- May how we live our life flow out of a desire to honour God and please Him ([Philippians 1:27](#)).

Pastor Ben ended his sermon by sharing about how there are pacers present during races. These pacers are veteran runners that have “racing and pacing strategies” which they have mastered and utilised during the race. The pacers provide support and encouragement to the runners by running alongside them to finish the race.

In the same way, let us align ourselves to Christ and journey alongside Him in this race! Let’s finish well!

## DISCUSSION QUESTIONS

- 1. The Christian life is compared to a race. Do you agree with it? In line with this metaphor, what to you is the prize and the challenges? What keeps us going? How does this look like in our everyday life? [10 Mins]**

### Leader's Notes

This is a recap and relate question for members to consider. Leaders can ask members to consider the attitudes runners bring into a race and to ponder on how it would look like for us as Christians as we live our lives in faith. In this race, our goal, calling and prize is Jesus. Our finish line is His presence. Our reward is being with Him in eternity. There are many challenges we will face along the way, and members can share about what they feel may distract /discourage them from running the race. As a cell, we can also take time to consider how this would be played out in our everyday lives. How do we manage with our everyday commitments and responsibilities? Are we doing things out of our own strength, or out of a reliance on God?

### Transition

God has a purpose for our lives, and He desires for us to walk in step with Him, and to experience the joy of daily communion with Him. He will empower us to stay focused in pursuing Him as we seek Him.

- 2. Where are you in the race? [10 Mins]**

### Leader's Notes

This is a reflect and response question for members to reflect where they are in the race. Leaders can also choose to get members to reflect on the verse in Philippians. Are they struggling with seeking God’s purpose in their lives? Are they in a place where they feel focused or distracted? How are they pursuing the call of God?

### Transition

As a cell, we can cheer each other on when we are running the race with passion and fervour. We can also encourage one another in seasons of difficulty, discouragement and failure. All of us will experience these challenges, but God will grant us grace as we come before Him. We can also take comfort in knowing that there is encouragement and accountability as we journey with fellow believers.

- 3. What is one thing that you would like to stop doing, or continuing doing as you run this race? How can we as fellow believers encourage each other in this race? [15 Mins]**

### Leader's Notes

A response question for members to share an action step. Leaders can also choose to use this time to get members to share more on the challenges they are facing (to use as prayer points). Members can also share about previous times where they got back into the race (to encourage each other). We cannot run the race for each other, but we do not run it alone. May we find encouragement knowing that God is with us and we have each other.

### Closing

It can be difficult to keep on running in a race. It can be tempting to give up and it is hard to start again. However, let us keep our eyes on the prize and encourage one another on. The challenges are real but God will empower us to keep going. May we continue to press on, celebrate the victories and depend on His grace to finish well.

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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 Application

- For wisdom to discern and reflect on where we are in the race
- For God to grant us singlemindedness, zeal and fervour to pursue wholeheartedly after Him

### 2. COVID-19 in Singapore

- a. Pray against the spread amongst the various clusters.
- b. Pray that the spread of the Delta variant will be stopped as well.
- c. Continued progress in Singapore to overcome the negative economic and social impact of the current crisis.
- d. Pray for those whose livelihood have been directly impacted by this pandemic especially those in F&B.
- e. Pray for the mental wellbeing of Singaporeans as the disruption by the pandemic has affected many e.g. those in the education system etc.

### 3. COVID-19 in the World

- a. A swift end to the COVID-19 crisis globally, especially in India and the rest of South Asia.
- b. Healing and comfort for those who are sick and suffering.
- c. Protection and guidance for healthcare professionals 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. **Sermon Series: Following Christ 10 Jul - 14 Aug.** Jesus' call to discipleship is to follow a Person - "deny himself, take up his cross and follow Me" (Mat. 16:24). Following Christ is a very distinct life. In daily interactions with others, people should see and feel the One whom we follow. The question would be: Is God the main character in your life, or is life mainly about you? In this series, we look at what it means to follow Christ – to be so amazed by who He is that we march to the beat of a different drum and live as a people who truly belong to Him.
3. **Prayer Ministry.** If you require prayer ministry for any issues you face (eg. unforgiveness, demonic oppression, etc), you can sign up for RLC's RTF ministry: <https://bit.ly/rlcrtf>
4. **Alpha Online.** 2 Sep to 20 Nov. 12 Sessions. Thursday zoom sessions (8.00pm - 9.30pm): 2, 9, 16, 23 Sep | 7, 14, 28 Oct | 11 Nov Sunday in-person sessions: 2, 23 Oct | 20 Nov. Sign up online at [rlc.sg/ao-reg](https://rlc.sg/ao-reg) by Tues, 17 Aug. For more information, please contact Karen Koh at [karenkoh@riverlife.org.sg](mailto:karenkoh@riverlife.org.sg).
5. **COVID-19 Vaccine & The Christian.** Watch the recording of the panel session here: <https://rlc.sg/covidpanel>. For additional resources: <https://linktr.ee/covidpanel>.
6. **The Behold Album.** The RiverLife Worship team has launched a new album titled 'Behold'. Listen to the album and access chords and lyrics for the songs: [rlc.sg/thebeholdalbum](https://rlc.sg/thebeholdalbum)

## ONLINE GIVING TO RIVERLIFE CHURCH

Contribute your tithes and offering digitally:

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**2. Interbank Transfer**

RiverLife Church Bank Account: *DBS Autosave 029-902431-0*

Bank Code: 7171 / Branch Code: 029



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