



## 20 FEB 2022 | PASTOR BEN KC LEE | ONE THING

### SPIRITUAL OBJECTIVES

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

1. Choose the pursuit of Christ as the ultimate goal of our lives
2. Reflect on the three ways of following Christ and choose an action step to live it out in our everyday lives.

### SERMON SUMMARY

Paul's goal was that he may know Jesus more and more each day. Jesus is the goal, the prize and the direction.

Let us aim to become more like Jesus ([2 Corinthians 3:18](#)).

Paul revealed three things with regards to knowing Christ more:

- 1) Emptying ([v. 7-9](#)).
- 2) Longing ([v. 10-11](#), [John 12:24](#)).
- 3) Pressing ([v.12-14](#)). Pastor Ben shared with RiverLifers two things regarding pressing on: Not to live in the past and not settling for where we are now ([Acts 20:24](#)).

Pastor Ben also exhorted RiverLifers to know Christ fully, even as we are fully known by Him ([v.12](#), [1 Corinthians 13:12](#)).

### SERMON RECAP

We identify a person's goals from the amount of time he spends on them. Are we aiming at the right target? In Paul's life, we see how he is a man focused on pursuing one thing ([Philippians 3:7-14](#)).

#### That I may know Him

Paul shows us the constant ambition of a disciple and how to live this out by the grace of God. His goal was to know Him, the presence of the risen Christ. Paul placed Jesus as his goal (to be with Him), his prize (ultimate value placed in knowing Him) and his direction (a Christ-centred eternity).

Knowing Christ starts with revelation. We can know God through the written word (Logos) and the living word (Rhema). Let us make space in our lives to know Him, allow the Word to go through us and transform us.

While we can have many goals in life and are important, we need to be mindful that all these are training grounds for us to be moulded into the image of Christ, which is the surpassing goal. ([Romans 8:29 CEV](#))

Pastor Ben shared more about Paul's motivation and three ways of following Christ.



### 1. Emptying ([v. 7-9](#))

In following Christ as our one thing, first, there needs to be an emptying. We are to put aside what keeps us away from Christ and causes us to put confidence in ourselves, and to focus instead on the right standing we already have before God; which is dependent on what Jesus had done on the Cross for us. Our identity is found in being one in Christ. Let us seek His kingdom and His righteousness.

### 2. Longing ([v.10-11](#))

Paul's deepest longing was to know and become like Christ. Paul wanted to know the power of His resurrection, participation in His sufferings and becoming like Him in His death. The moments of spiritual intimacy are found in the moments of our greatest difficulties. Paul wished to experience the death of Jesus so that he can experience the resurrection ([John 12:24](#)).

### 3. Pressing ([v.12-14](#))

Paul pressed on in seeking Jesus through his actions and energy. As we seek after Jesus, let us have a holy discontent about our current spiritual condition, to seek "more beyond". Pastor Ben shared two things in pressing on:

- Not to live in the past - not let our memories (past failures or successes) become bigger than God's dreams for us.
- Not to settle for where we are now. Even when things go well, it is also important for us to keep our eyes on the assignment God has given us. ([Acts 20:24](#)).

### As I am fully known

Paul displays the courage to live a radical life because Christ took hold of Him ([v.12](#)). As we live on this earth longing for heaven, may the one thing in our lives be knowing Christ intimately as we allow ourselves to be fully known by Him ([1 Corinthians 13:12](#)). He has pursued us and has taken hold of us. May we learn from the lessons of the past, and fix our priorities on Him as we continue to strive heavenward by His grace.

God desires for us to face and experience the present now ([v.13](#)) and to press on to what is ahead ([v. 14](#)). Like Paul, may we be captivated by Jesus and run with focus wholeheartedly after Jesus and what He has desired for us.

## DISCUSSION QUESTIONS

1. **Share a time where you pursued a goal. What was your goal, and what were the sacrifices made? What joy did you gain in the pursuit of this goal? [10 Mins]**

### Leader's Notes

This is a recap and reflect question for members to share about their own experiences in pursuing something. Members can share about how they chose the goal and their experiences in pursuing it e.g. reasons, considerations and the sacrifices made, how did they work towards the goal and what were the joys and challenges experienced? We can hear passion when we hear each other share about our goals. The cell can also consider the reasons Paul would choose to



make pursuing Christ His ultimate goal? What does it tell us about Paul's desire and the value Paul has put in pursuing Christ?

#### Transition

We have shared about our own goals and experiences, let us also explore what Paul felt were important steps in following after Christ.

- 2. Pastor Ben spoke about three ways to follow Christ: emptying, longing and pressing. Which one do you identify with the most in your spiritual journey with Christ? Share your reflections with the cell. [15 Mins]**

#### Leader's Notes

This is a reflect and response question for members to share about what they have learnt from the sermon. Members can share about a recent time where they are learning more about emptying themselves, longing after Christ or pressing on. Leaders can also ask members to think of an action step they wish as they reflect on these ways of following Christ.

#### Transition

After sharing on which way of following Christ speaks to us in our present situation, let us also consider how this discipleship approach can be reflected in our lives.

- 3. How would making Jesus our goal, prize and direction look like in our everyday life? What are some barriers we may face in making this choice? How can we as a cell spur one another on? [15 Mins]**

#### Leader's Notes

This is a reflect and response question for members to ponder on when pursuing after Christ and how this can be lived out in our lives while juggling and managing the different commitments we have. Leaders can draw attention to Psalm 27 and in particular, verse 4. King David asked for the one thing from God and the only thing that he seek! How can we remain focused on Jesus?

Members can then share about examples of godly influences in their lives and how these people live life to reflect to Christ as a way to encourage the cell. Members can also share their struggles and barriers they may face. Lastly, the cell could explore on ideas to work through the challenges and can divided into smaller groups for a time of prayer.

#### Closing

As we round up this "Let the River Flow" message series, may we continually be reminded of the importance to thirst after Jesus, to be filled and walk in step with the Spirit, and to be willing vessels for His love and presence to overflow to our families and communities.



## WORKS

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 God to grant us a deeper desire for Him and wisdom to live for Him in our families and in our circles of influence.
- For us to learn from our past regrets and to press on to what is ahead, keeping our eyes on Christ as our goal and prize.

### 2. COVID-19 in Singapore

- Pray to God for the public health situation in Singapore to be under control.
- Pray for God's protection especially from the Omicron variant.

### 3. COVID-19 in the World

- A swift end to the COVID-19 crisis globally, if not a reduction in cases in third world nations, and a stable environment where humans and virus coexist.
- Healing and comfort for those who are sick and suffering.
- Protection and guidance for healthcare professionals at the frontline, giving them wisdom, courage, and strength to confront this crisis.

### 4. Opportunities for Outreach

- Ask the Lord to grant you opportunities to reach out to a non-believing loved one, friend, or colleague this week as we seek to mature in Christlikeness.

## ANNOUNCEMENTS

1. **Cradle Roll.** Our Cradle Roll is now open for kids aged two and below from 9am to 10.30am every Sunday. **NO booking of tickets is required.** In order to protect the health of our little ones, parents, do refer to the updated guidelines in our [e-bulletin](#).
2. **Spiritual Growth Resources.** We have put together a curated list of recommended resources for the RiverLife family. These resources (books, articles, podcasts and videos) are recommendations for the various spiritual growth stages as you seek to grow deeper in the River of God this year. You can access them at [rlc.sg/resource](http://rlc.sg/resource). This list will be continually populated throughout the year.
3. **Service Ticket Returns.** Due to the capacity constraint, if you have booked tickets but are unable to attend – we ask that you kindly return the tickets (as early as possible) so that more RiverLifers have the opportunity to worship in-person. To return your tickets, go to the EventBrite confirmation email and click “View and Manage” or write in to inform us via “Contact Organiser”.
4. **Let the River Flow.** Last Sunday (20 Feb) was the last message of *Let The River Flow* sermon series. We hope that you've gained a deeper understanding of the importance of God's River flowing in and through us. But apart from understanding, our heart's desire is really for every RiverLifer to personally experience the refreshment and fruitfulness that comes with drinking from Christ, the source of living water. Over the past two weeks, Pastor Lionel

preached about being sensitive and obedient to the Holy Spirit and seizing the *kairos* moment in our walk as disciples. We know that God has been speaking to many of you, and showing up in supernatural ways. If you would like to share a testimony of how God has met you during this series, you can write to us at [stories@riverlife.org.sg](mailto:stories@riverlife.org.sg).

5. **Upcoming Pulpit Series.** Our culture defines success in life – students are to excel academically; working adults should attain financial wealth and social status; and grown-ups ought to get married and have children. FOMO or Fear of Missing Out is an urban slang that refers to a feeling of anxiety over the possibility of missing out on something. This sense of fear grips us when we fail to meet culture’s expectations. Our new sermon series addresses the big cultural priorities and points us to live a Christ-centered life. Join us as we clear the clog in our hearts so that rivers of living water can freely flow in our lives!
  - 27 FEB - How does honouring God look in a me-first world?
  - 06 MAR - How does contentment look when the wealth gap widens?
  - 13 MAR - How does wholeness look as a single?
6. **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>
7. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting: <https://rlc.sg/brp2021>.

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