



27 FEB 2022 | PASTOR ERNIE SONG | HOW DOES HONOURING GOD LOOK LIKE IN A ME-FIRST WORLD? | EXODUS 20:8-11

SPIRITUAL OBJECTIVES

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

1. Understand the purpose of the Sabbath.
2. Desire to honour the Sabbath day and set that day apart as holy.

SERMON SUMMARY

Nowadays the FOMO (Fear of Missing Out) attitude is pervasive in society. As a result, we live in a state of compromise; with one compromise being how we view the Sabbath. Returning to the rhythm of the Sabbath is key for Christians to thrive as disciples in this fallen world.

SERMON RECAP

At the heart of FOMO is envy, covetousness and comparison. For believers, FOMO affects us in this way - "If I obey God, I will miss out on something good". This fear has caused us to compromise on our Christian lifestyle and values. One of the compromises we have made is to move away from the divine rhythms that God has established at the foundations of the earth – the Sabbath rhythm.

1. Does the Sabbath still apply to us?

- Some have argued that the 10 Commandments is specific to Israel and thus no longer applicable to us. However, the 10 Commandments is universal and applies to all men at all times. The commandments reveal God's unchanging nature.
- The Sabbath was already ordained before sin entered the world ([Genesis 2:1-3](#)). It was established right at the creation. The Sabbath is also the first thing that God has pronounced as holy.
- Jesus, Paul and the early church practiced the Sabbath ([Luke 4:16](#), [Acts 20:7](#), [1 Corinthians 16:2](#)). Man is meant to live out of the posture of rest, not strive.

2. The Purpose of Sabbath

- The Sabbath is God's ordained rhythm of work and rest. It is a celebration of God's restoration and supplication – a day to rest and fully depend on God.
- As God's people, created in His image, we should follow in that rhythm.



3. What is involved for the Sabbath?

- *Ceasing from Work*: trusting the Lord to provide sustenance and supplication ([Exodus 20:9-10](#))
 - The whole household should observe the Sabbath, adults and children alike.
 - Do your best for six days. The 7th day is set apart for the Lord.
 - How do you demonstrate dependence on God on the Sabbath? ([Isaiah 58:13-14](#))
- *Physical Recharge*
 - “If the devil cannot make us bad, he will make us busy.” – Corrie ten Boom
 - Holistic Shalom: Sabbath rest produces healing that is spiritual, physical, emotional, social and psychological.
 - Application: Instead of asking what is lawful for the Sabbath, ask – whether the things you do takes life out of you or gives life to you and others?
- *A Holy Convocation*: the gathering of the people of God for worship and the teaching of His Word ([Leviticus 23:1-2](#))
 - For the Jews, the Sabbath is a celebration – on the Sabbath, the Jews will walk together to the synagogue and have fellowship together.
 - Sabbath gives us the opportunity to invest in our communities ([Acts 2:42-47](#)) – to deepen our commitment with each other and to allow it to shape our values, desires and wants.
- *Honouring It as a Holy Day*: not doing as you will for your own pleasure. ([Isaiah 58:13-14](#), [Leviticus 23:1-22](#))
 - How can you make this day a day of celebration of God’s faithfulness?
 - How can you make this day holy? What do we need to cease from other than work? Cease from worldly entertainment, cease from technology and focus on creation gazing, etc.
 - What can we do on this day that can bring delight to God? Take care of the poor & needy ([Leviticus 23:22](#)), offerings ([Leviticus 23:15-20](#)).

4. Conclusion

- What if the Sabbath is better than and more than we understand it to be from our westernised worldview and conventional wisdom?
- What the Lord has intended for you is so much better than what the world can offer. When we create space for Him, our good Father will come in and fill it.
- Proverbs 3:5-6 (ESV)
 - “Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”



DISCUSSION QUESTIONS

- 1. What is the common view among Christians in relation to the Sabbath? Why did God give us the Sabbath?** [10 mins]

Leader's Notes

This is a recap and reflect question for members to think deeper on how Christians view the Sabbath in general. Similarly, share your personal views of the Sabbath. Have you sacrificed the Sabbath for something else before? It might also be helpful to think why it is so easy to sacrifice the Sabbath. How does the “fear of missing out” (FOMO) affect our views of the Sabbath?

Our views on the Sabbath may have been strongly influenced by the culture around us, and the lifestyle associated with the weekends. The Biblical aspects of the Sabbath have been lost to us, or we never really understood it because it is counter-culture. We haven't grasp the meaning and importance of this sacred day of rest given to us by God. It is important to remember why God gave us the Sabbath, why He institutionalised it right from the beginning (Genesis 2:3).

Transition

Understanding why God gave us the Sabbath helps us to embrace it and keep the weekly Sabbath rhythm.

- 2. How can we demonstrate dependence on God as well as excellence at work at the same time?** [15 mins]

Leader's Notes

It may seem to us that if we are fully dependent on God, then it does not matter if we excel at work or not, because everything that happens is according to His plans. However, pursuing excellence at work is a state of the heart. When we work, we are doing it for God's glory, not for man. Our mindset towards work should be one of glorifying Him through the work that we do. So although God directs the outcome, it is up to us to put in the effort – to do our best for Him.

Dependence on God at work means not worrying about the outcome. We work from a posture of rest, confident that God will honour the work of our hands. Before we start on our task, or whenever we encounter an obstacle, we lift it up to God. When we humbly rely on Him, we do not strive.

Transition

The Sabbath teaches us to rely on God and to let go of self-effort, of striving.

- 3. What are some of your struggles in keeping the Sabbath? How can you work around it?** [15 mins]

Leader's Notes

To keep the Sabbath we would have to sacrifice some of what society thinks is important. We have to make changes to our lifestyles. We have to put ME aside.

From the sermon, the Sabbath

- is a day of rest to cease from work
- is to physically recharge (physical rest, mental rest, emotional rest)
- involves a holy convocation (gather together to worship and fellowship)

- is a holy day to be honoured

Which of these do we struggle with? Come up with ways to work around it. Also, discuss how you, as a cell, can spur one another towards keeping the Sabbath.

If your cell consists of parents with children, you can discuss the following questions:

- a) Should parents schedule classes and tuitions for their children on the 7th day?
- b) Should parents prevent their children from going to church so that they have more time to study (especially during exam season)?
- c) How can the value of the Sabbath be taught to our children?

Closing

We must ruthlessly prevent FOMO from causing us to miss out on the blessings of the Sabbath. Let us honour the Sabbath and allow ourselves to benefit from God's framework of work and rest.

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 Christians to return to the weekly Sabbath rhythm and discover it as a delight.

2. COVID-19 in Singapore

- Praise God's protection on our nation from the virus.
- Pray for God's strength on our nurses and healthcare workers as they manage the influx of cases.

3. War in Ukraine

- Pray for Russia and Ukraine to enter into peace negotiations.
- Pray for the safety of all Ukrainians especially the churches there.
- Pray for a swift end to the invasion.

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. **SuperLife Interns.** Our Children's Ministry is looking for Interns to join their team. The role entails supporting the day-to-day operations of SuperLife (Primary Level) and ensuring the smooth running of services on Sundays. We're looking for RiverLifers who are passionate and have a keen interest to work with children, or those who are considering a career working closely with children. The internship period is between March 2022 to Jan 2023 – but those who are



available for a shorter period may apply as well. If you wish to apply, please write in to Pastor Suzanna Chia via suzannachia@riverlife.org.sg.

2. **Current Pulpit Series: FOMO.** 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-centred 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?
3. **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. This list will be continually populated throughout the year.
4. **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](#).
5. **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”.
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>.
8. **Testimony.** If you have a testimony to share, you can write to us at stories@riverlife.org.sg to share with us your testimony as an encouragement to others.

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