

DATE: 30 APR 2023 | SPEAKER: PS LIONEL GOH | TOPIC: BUILDING RESILIENCE IN LIFE | SCRIPTURE: VARIOUS

SPIRITUAL OBJECTIVES

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

1. Familiarise themselves with the five steps to grow in resilience.
2. Seek and rely on God in all situations.

SERMON SUMMARY

In this world, we will face adversity, regardless of whether we are believers or otherwise. God wants us to be resilient and overcomers in life. Based on the example of Daniel, we can become resilient people by cultivating a positive mindset and depending on God for deliverance in times of trouble.

SERMON RECAP

1) Facing adversity is part of human existence ([John 16:33](#), [Psalm 34:19](#))

The Bible clearly states that we will have troubles in life.

2) Why does God allow adversity into our life?

- a) To grow us in maturity ([James 1:2-4](#))
- b) To prepare us as overcomers ([Matthew 24:9-11](#))
 - If we endure to the end, we will be delivered.
 - Jesus was an overcomer! He overcame death.

3) What is resilience?

- The ability to endure adversity, bounce back and grow despite life's downturns.
- It's a virtue that everyone can acquire in life.
- It's cultivated with a positive mindset.
- It grows stronger with each adversity.
- God is our source of resilience ([Psalm 46:1-2](#))

4) Daniel had great resilience ([Daniel 1:3-8](#))

Daniel faced great opposition and adversities during his 70 years of exile in Babylon. Yet he did not succumb to life's pressures but rose to great prominence in the imperial courts.

5) Five steps to grow in resilience:

- a) Accept your present situation ([Daniel 9:10-14](#), [John 16:33](#))
- b) Believe in God for deliverance ([Daniel 2:17-18](#), [Psalm 56:1-3](#))
- c) Choose the best path forward ([Daniel 1:5, 8](#), [Deuteronomy 14:2-3](#))
- d) Determine to persevere ([Daniel 1:8-16](#), [James 1:12](#))
- e) Engage with godly friends ([Daniel 2:17-18](#), [Ecclesiastes 4:9-12](#))

The key to building resilience is to grow deep spiritual roots in God and depend on Him in times of trouble! ([Psalm 46:1-2](#))

DISCUSSION QUESTIONS

1. **Ps Lionel shared the five steps we can take to overcome our adversity and build resilience. Are there any difficulties you face in acting on any of these steps?**

Leader's Notes

Refer to the sermon recap on the five steps to growing resilience. Lead the cell in a time to reflect on the steps that they find challenging to live out. Invite the other cell members to share their opinions on how these challenges can be solved.

Transition

If you are in a difficult situation now, these five steps can help you wait upon the Lord, endure the difficulty, and ultimately, overcome victoriously.

2. **In times of adversity, one of the toughest aspects while waiting to be delivered is the enduring. How do you seek God for refreshing in the endurance?**

Leader's Notes

"I will refresh the weary and satisfy the faint." – **Jeremiah 31:25**

Enduring difficult times is challenging and does take its toll on your physical and mental health. Self-care during these times is important. Seek God for refreshment and rest. One way is to observe the Sabbath and rest in the Lord. Engage in a life-giving activity. Share with each other how you get refreshed in times of endurance.

Resource: [God's Refreshment by Wisdom Hunders](#)

Transition

May God gives us the strength to persevere and push through.

3. **"The key to building resilience is to grow deep spiritual roots in God and depend on Him in times of trouble!" Are your spiritual roots shallow or deep? What can you do to go deeper?**

Leader's Notes

This question is to get members to assess their spiritual roots. As mentioned in this sermon (and multiple other sermons), growing deep spiritual roots is very important. As Christians, we want to be connected with our Father on a deep level, so much so that everything we do is aligned with His will and brings glory to His name. Just like the 'titans' of the Bible (e.g., David, Daniel, Paul, etc.), they are deeply connected with God and though they encounter many adversities in their lives, they never turned their backs on Him and always depended on His deliverance.

Resource: [How Do You Develop Spiritual Roots?, Pastor Rick's Daily Hope](#)

Closing

Set a portion of your time every day to spend time with God. Start small and simple, and slowly expand it as you enjoy the daily commune with Him.

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

- Pray for us to fix our eyes on Jesus in times of trouble and to build resilience.

2. World

- Pray for those affected by the aftermath of the Turkey-Syria earthquake.
- Pray for those affected by the school shootings in Nashville, Tennessee.
- Pray for 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.
- Pray for peace especially in the Russia-Ukraine war and in the US-China conflict.

3. Opportunities for Outreach

- Ask the Lord to bless us as we step out to reach a pre-believer.
- 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

Digital Bulletin: rlc.sg/bulletin

1. New Sermon Series: Be Brave

This series will address 4 major life challenges that we face, and help us remain steadfast as we get ready for Jesus' return

- 16 Apr – Nurturing Mental Wellness
- 23 Apr – Dealing with Difficult Relationships
- 30 Apr – Building Resilience in Life
- 07 May – Navigating in an Age of Deception

2. Beyond the Pulpit – Nurturing Mental Wellness

- Devotional: *Through the Path of Suffering – A 28-Day Devotional for Those with Anxiety Disorder*. Drawing from his personal journey of being diagnosed with anxiety disorder 11 years ago, Pastor Ernie Song shares this 28-day devotional for those walking a similar path. Access the digital devo here: rlc.sg/AnxietyDevotional
- Podcast: Conversations Regarding Mental Wellness in order to understand Mental Wellness at a deeper level.
 - *Nurturing Mental Wellness (A Pastoral Perspective)* with Ps. Rick Toh (Lead Pastor of Yio Chu Kang Chapel). Links: [Part 1](#) & [Part 2](#)
 - *Nurturing Mental Wellness (A Medical Perspective)* with Dr. Leslie Lim (Associate Professor of SGH specialising in Psychiatry). Links: [To Be Released](#)

3. **Marriage Preparation Course Run 2.** 4 & 25 June & 2 July (3 Sessions). Cost: \$50. Register: rlc.sg/mpc.
4. **Bible Equipping Sessions (Book of Acts): The Advance of the Gospel - Relentless and Unstoppable**
 - Taught by David Lim (Academic Dean of ACTS Bible College Singapore)
 - Pre-order your lunch for the Sunday sessions: rlc.sg/acts-lunch
 - **Session 1 Fri, 26 May | 8-10 pm | Victory Chapel**
 - Introduction: Background for the Book of Acts
 - Part 1: The Church Emerges in Power (Acts 1:1-6:7)
 - **Session 2 Sun, 28 May | 11am-3.30pm | Victory Chapel** *With lunch break in-between*
 - Part 2: The Church Breaks through Barriers (Acts 6:8-12:25)
 - **Session 3 Fri, 2 June, 8-10 pm | Victory Chapel**
 - Part 3: The Church Reaches New Frontiers (Acts 13:1-20:38)
 - **Session 4 | Victory Chapel Sun, 4 Jun | 11 am-3.30 pm | Victory Chapel** *With lunch break in-between*
 - Part 4: The Church Stands under Pressure (Acts 21:1-28:31)
 - Epilogue: Beyond the Book of Acts

5. **Restoring the Foundations.** A 2-Part Equipping Seminar. Register online: rlc.sg/rtf_rl

- **PART 1 – HOPE, HEALING & FREEDOM (6 HOURS)**
 - Sat, 6 May | 9am to 4pm Grace Chapel (Level 1)
 - **Fees:** \$80 (inclusive of lunch and materials)
 - This seminar is the first step for those who desire to be equipped as RTF Prayer Ministers.
- **PART 2 – ISSUE-FOCUSED MINISTRY TRAINING & ACTIVATION (21 HOURS)**
 - Sat, 24 Jun | 9am to 6pm • Sun, 25 Jun | 11am to 6pm • Sat, 1 Jul | 9am to 6pm Grace Chapel (Level 1)
 - Fees: \$220 (inclusive of meals and materials)
 - If you have a heart to help people heal, and find deep and lasting freedom, come join us for this Issue-Focused Ministry (IFM) Training and Activation.
 - *Perquisites: Attended the Hope, Healing, and Freedom Seminar; Read the 'Healing and Freedom' Booklet by RTF; Submitted a copy of the RTF Issue-Focused Ministry Personal Questionnaire for himself/herself; Submitted the Application Form to be trained as IFM minister.*

6. RiverLife Prayer Room: May Schedule

- In support of the Isaiah 62 Fast, the RiverLife Prayer Room will be anchoring sessions at Burning Hearts Singapore in the month of May.
- **Tue, 2 & 30 May:** The RiverLife Prayer Room will be closed.
- **Tue, 9, 16 & 23 May | 8-10pm:**
 - Join the sessions anchored by our RiverLife Prayer Room Team at Burning Hearts Singapore. 66 Kampong Bugis, Level 3, Singapore 338987
 - *The Isaiah 62 Fast is a global 21-days of prayer and fasting from 7 to 28 May 2023. Over 1 million believers will engage in prayer for Israel for at least one hour a day during this period for the increase of God's salvation promises and plans for Jerusalem and Israel.*
 - **Burning Hearts Singapore** will be one of the many hubs worldwide, joining the millions of believers in this 21-Day Isaiah 62 Solemn Assembly for Israel.
 - **Find out how you can participate:** www.burninghearts.sg/isa62fast-participate

7. RiverLife Community Services.

- **RCS Family Movie Day 2023 Sat, 17 Jun. 9am to 12pm. Shaw Theatres Lido Spider-Man: Across the Spider-Verse.** With every donation of \$100, you will receive 2 complimentary tickets to the movie screening. *You may opt to donate your complimentary tickets to our beneficiaries so that they and their families can join in the movie screening.* Register and donate online: tinyurl.com/rcsmovieday23.
- **Serve Together as a Family.** Find out more about RiverLife Community Services and how you can play a part in caring for the community! Link: [RCS Serving Opportunities](#)

8. Young Adults Camp | Commune. 7 – 9 July 2023. Opero Hotel Southkey, Johor Bahru.

If the end goal of discipleship is transformation unto Christlikeness, then beholding is foundational to the life of every believer. We are called to behold Jesus together—to commune with God within the context of community. So, let's embark on this journey together to gain a fuller understanding of God, a better glimpse of the radiant Church He desires, and the courage to walk faithfully with community until He returns. Come, be part of this journey!

- Early Bird Fees (Until 16 Apr): \$210 (Student/NSF), \$260 (Adult).
- Regular Fees (17 Apr – 7 May): \$240 (Student/NSF), \$290 (Adult).
- Register at rlc.sg/yacamp2023.
- Enquiries: yacamp@riverlife.org.sg

9. Israel Messianic Encounter. 20 Nov – 1 Dec. Cost: \$4,950 (30 pax trip), \$4,850 (40 pax trip).

Join this trip and receive a revelation of the significance of Israel in the end times. You will gain a deeper appreciation of the cultural and geographical background of Scripture, and rediscover your Hebraic spiritual roots. Registration closes on 9 May 2023. For More Information: <https://event.actxplorer.com> (Password: RLKCC2023IME)

10. Church Calendar Highlights

- *Quarter 2*
 - Bible Equipping – Acts: 26 & 28 May, 2 & 4 Jun
 - Children's Camp: 8-10 Jun
 - Youth Camp: 15-18 Jun
 - Cell Revival Nights (Fridays): 2 – 30 Jun
- *Quarter 3*
 - Young Adult Camp: 7-9 Jul
 - 32nd Anniversary Weekend: 26-27 Aug
 - Bible Equipping – Leviticus: 15 & 17, 22 & 24 Sep
 - Cells Prayer Night #2: 29 Sep
- *Quarter 4*
 - Equipping Series: 17 & 19, 24 & 26 Nov
 - Christmas Outreach: Dec
 - Cells Prayer Night #3: 29 Dec

11. RiverLife Prayer Meetings.

- **RLC Prayer Room.** Tue, 8-9.30pm, Victory Chapel. (Online: rlc.sg/rpr-watch)
- **Wed Night Prayer Meeting.** Wed, 8pm – 9.30pm, Victory Chapel.

12. 9M Ministry.

The 9M Ministry provides prayer support for expectant mothers on their 9-month journey of pregnancy. Sisters-in-Christ who are fellow RiverLifers are assigned as Prayer Buddies to walk alongside mums who sign up to receive prayer support.

- Receive Prayer Support: rlc.sg/9m
- Provide Prayer Support: rlc.sg/serve

13. **Global Hunger Fund.** This fund will go towards RLC's mission partners to help their local churches and communities gain access to food amid soaring costs. Refer to the Digital Bulletin for more details.
14. **RiverLife Cares Opportunities.** Signup: <http://rlc.sg/serve-rlcares>
15. **Call for SuperLife Volunteers.** If you have a heart for children and a desire to disciple them in their spiritual journey, come be a part of the SuperLife team. Sign up at rlc.sg/serve. Immediate needs:
 - *SuperLife Primary Teacher* (Serve twice a month. Facilitate small group discussions after each Bible lesson, connect and pray with the children, be involved in SuperLife Ministry events, etc.)
 - *Special Needs Chaperone.* (Serve twice a month. Provided 1-1 support to children with special needs and help facilitate an inclusive environment between children with and without special needs.)
16. **Technical & Production (TAP) Ministry Recruitment.** The TAP ministry comprises five teams – audio, graphics, lighting, sound and video – and they all work as one in partnership with the Holy Spirit to support an atmosphere that allows the congregation to encounter God. We are now opening up recruitment for this ministry. If you desire to take the next step in your walk with God through starting to serve, we invite you to sign up to explore serving in one of the five TAP teams. You may sign up online at rlc.sg/serve or refer to our digital bulletin for more details.
17. **Bible Reading Plan.** The church has provided 3 undated Bible Reading plans that will serve as a resource for those who wish to follow a Bible Reading plan. Link: rlc.sg/brp
 - 2 Year Chronological Bible Reading Plan.
 - 3 Year Bible Reading Schedule (Alternating readings between Old and New Testament passages)
 - Redemptive Historical Bible Reading Plan (At your own pace, focusing on the redemption story)
18. **RiverLife Podcast.** The RiverLife Podcast allows you to listen to RiverLife content anytime, anywhere! The link to go to is rlc.sg/podcast or simply search '**The RiverLife Podcast**' on Spotify.
19. **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.
20. **Prayer Ministry.** If you require prayer ministry for any issues you face (eg. fear, worry, etc), you can sign up for RLC's RTF ministry: <https://bit.ly/rlcrtf>
21. **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.
22. **Stay Connected with RLC.** Follow us to stay updated on latest church news and happenings.
 - **WhatsApp Broadcast:** Text 'Subscribe' to 8923 1939
 - **Telegram Channel:** t.me/RiverLifeChurch
 - **Facebook & Instagram:** [@riverlifechurchsg](https://www.facebook.com/riverlifechurchsg)

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