

Date: 15 Sep 2024 | Speaker: Ps William Lee | Topic: Resting in God | Scripture: Various

SPIRITUAL OBJECTIVES

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

1. Grasped the truth that God is our Helper, our Comforter and our Emmanuel.
2. Seek refuge and rest in God's faithfulness.

SERMON SUMMARY

We live in troubled times today. That is why we must learn to cease striving and lean on God. Be still and know that we have God.

Three points from the sermon:

- 1) He is our Helper – **Psalm 46:1, Isaiah 41:10**
- 2) He is our Comforter – **Psalm 46:10**
- 3) He is our Emmanuel – **Psalm 46:11**

In times of turmoil rest in God's faithfulness. (**Psalm 91:4**)

SERMON RECAP

Introduction

- In times of trouble, rest in God's faithfulness.
- God is our refuge. He has provided cities of refuge (**Joshua 20:1-2**) in ancient times where it is completely safe for people seeking protection from the avenger of blood.

1) He is our HELPER

- God is our ever-present help in times of trouble (**Psalm 46:1**).
- He gives us the Holy Spirit, a Helper who is always with us (**John 14:16**). To connect with the Holy Spirit, we must be open to listen and obey His promptings, and not to grieve Him with wrongdoing and disobedience.
- *"Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."* – **Isaiah 46:4**

2) He is our COMFORTER

- Be still and know that I am God (**Psalm 46:10**).
- Be still and know that you have God.
- God has assured us personally, through Scripture, that He would comfort us in our trials and tribulations (**Psalm 46**).

3) He is our EMMANUEL

- "The Lord Almighty is with us; the God of Jacob is our fortress." – **Psalm 46:11**
- "... and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." – **Matthew 28:20**
- He has promised that He is always with us, be assured of that truth.

Discussion Questions

- 1. In what areas of your life do you feel the most troubled or overwhelmed right now? How does knowing that God is your Helper, Comforter, and Emmanuel help you find peace and strength in those moments?**

Leader's Notes

Encourage members to be open about their personal struggles and remind them that this is a safe and supportive space. Some may feel hesitant to share deep burdens, so set the tone by acknowledging that everyone goes through difficult times.

Help them reflect on how the truth of God being their Helper, Comforter, and Emmanuel can change their perspective in these situations. You could suggest that they meditate on the specific scriptures ([Psalm 46:1](#), [Isaiah 41:10](#)) and how these verses remind them of God's closeness and faithfulness.

"God is our refuge and strength, an ever-present help in trouble." – [Psalm 46:1](#)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand." – [Isaiah 41:10](#)

Transition

Recalling how God has always been our Helper, Comforter and Emmanuel boosts our faith and changes our perspective on what we are going through right now.

- 2. How do you notice restlessness in your heart when it's not anchored in God's presence and faithfulness?**

Leader's Notes

Guide the group to reflect on what restlessness looks like in their own lives – whether it's anxiety, fear, overworking, or striving for control. Encourage them to consider the times when they've felt disconnected from God, and how that impacted their sense of peace and stability. You can follow up by asking, "What are the signs that your heart is restless and not rooted in God?"

Think about specific areas where they need to trust God more, and how making room for Him can help replace restlessness with His peace. Remind them that God invites us to find rest in Him ([Matthew 11:28](#)) and that true peace comes from staying connected to Him.

Transition

When you feel restless, remember God and seek His rest and divine peace that only He can give.

- 3. This week, how can you intentionally "be still" and trust in God's faithfulness in your daily life? Share one practical step you will take to cease striving and lean on Him.**

Leader's Notes

Encourage members to think about a specific step they can take to apply what they've learnt; whether it's setting aside time each day to be still before God, trusting Him in a particular challenge, or letting go of something they've been trying to control. Help them get practical — ask if they'd like to commit to a daily quiet time, journal their thoughts, or pray for peace in moments of anxiety. Gently remind them that ceasing to strive doesn't mean being inactive but rather learning to lean on God's strength instead of their own. End by encouraging accountability within the group, where members can check in with one another throughout the week.

Closing

As we face life's challenges, may we remember to cease striving, lean on God as our Helper, Comforter, and Emmanuel, and find peace in His unwavering faithfulness.

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 let go and lean into Him in all our situations.
- Pray that we will continue to grow closer to God in our daily walk with Him.

2. RiverLife

- Pray for our church, as we navigate through this season of transition. Pray for our leaders (pastors, elders, senior leadership team, etc.) to abide in Christ as they work together as one to move the church forward to fulfil our vision and mission.
- Pray for our upcoming our upcoming mission trips:
 - *19-23 Sep: Medical Mission Trip to Sarangani, Philippines*
 - 25 RiverLifers are involved in this medical mission to Blaan tribal people who have limited access to medical service as they live in remote villages. Beyond physical health, the team will also care for the mental and spiritual needs of the people, using this opportunity to usher them into relationship with Christ and help them experience His power.
 - Prayer Pointers:
 - Safety & Protection: Pray for safety and protection as the team and the Blaan people travel through daunting terrains with river crossing.
 - Wisdom & Guidance: Pray that doctors will provide accurate diagnosis and for team members to provided efficient support.
 - Love & Compassion: Pray for God's love and compassion to be demonstrated to the patients and their families, as well as within the team.
 - Harvest of Souls: Pray for God's power to be expressed through miracles, signs & wonders.
 - Healing and Restoration: Pray for physical, mental and emotional healing upon every patient.
 - Team Unity: Pray for unity and collaboration among the medical team and the local pastors as we work together to serve the Blaan tribe. Pray for unity of heart and mind as we serve the Lord wholeheartedly echoing Ephesians 6:7 "Serve wholeheartedly, as if you were serving the Lord, not people."
 - Community Impact: Pray that the medical mission has a positive impact on the community, building trust and relationships.
 - *22-26 Sep: Media Training for Christian Broadcast Network Vietnam in Ho Chi Minh City*
 - Two of our staffs, Joash & Zhiyang, will be conducting training for the team at Christian Broadcast Network Vietnam.
 - Prayer Pointers:
 - The team will be able to train and guide CBN team effectively.
 - Divine wisdom and creativity to minister and collaborate.
 - Good health and effective ministry/training and safe travel.
 - CBN Media team to grow a deeper love for Jesus and His church, and gain understanding of the spiritual direction for the nation.
 - Both RiverLife and CBN team to catch God's heart for Vietnam.
 - *26-30 Sep: Ministry Trip to Ho Chi Minh, Vietnam*
 - A team of 12 will continue to build relationship with local churches and organisations in the city. They will minister and pray for spiritual breakthroughs, healing and salvation in the local communities.
 - Prayer Pointers:
 - For an outpouring of God's Spirit upon the land and its people. For the Lord to soften the ground where living waters will flow.

- For the people that we will be ministering to – to have an open heart and teachable spirit so that they may receive the Father's love and healing, and be filled and baptised by the Holy Spirit.
- For journey mercy over the team as they travel to and around Vietnam and that they will be effective when they minister God's love and power.
- For the team to be sharp in hearing and being led by the Holy Spirit.
- For leaders serving locally to gain a deeper love for Jesus and His church, and a sure understanding of the spiritual direction for their generation and the nation.

3. World

- Continue to pray for the various nations that are at war:
 - a. Russia and Ukraine
 - b. Myanmar (Civil War) – Pray for the situation where military service was made compulsory for man and woman between the ages of 18 and 35.
 - c. Israel & Hamas – For any retaliation from Hamas and Iran as a result of the killing of Hamas' leader
- Continue to pray for countries that have an escalated conflict situation:
 - a. Japan, China and the Philippines in the South China Sea
 - b. North & South Korea
- Continue to pray for countries recovering from recent natural disasters:
 - a. Bangladesh – Flooding
 - b. Vietnam – Super Typhoon Yogi
- Pray for Singapore
 - a. Pray for a stability in the cost of living in Singapore
- Other Global Issues
 - a. Pray for the resurgence of the mpox virus in Africa.

4. 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.

- Missions Emphasis Weeks 22 & 29 Sep.** As part of our Missions Emphasis weeks this September, Lam Bao Yan will be with us next Sun, 22 Sep.
 - Bao Yan, and her husband Rudy, are founders of Love On Ukraine. Since the invasion took place in 2022, they have been walking the ground serving the peoples of Ukraine – the last, the least and the lost. Before they were led by the Lord to minister in Ukraine, Bao Yan & Rudy have done missions work in Africa. Bao Yan has given her life to bring light into darkness and to be with the most broken people.
 - Post-Service Dialogue with Bao Yan (Founder of Love On Ukraine). Sun, 22 Sep | 11.30am-1pm, Worship Centre.
 - Bao Yan will have deeper connection time with us after service. She will share how God has been leading her in the nations. There will be a time of prayer and impartation so we encourage those who have a heart for the nations to join us.
 - Read more about Bao Yan & Rudy's missions work:
 - [Love On Ukraine Website](#)
 - [Salt & Light Interview](#)

- Water Baptism Class.** Sat, 5 Oct | 9am to 3.30pm Conference Room (Level 2). If you desire to take the step of faith to be water-baptised, do join our baptism class to understand the significance and importance of baptism.
 - Registration: rlc.sg/baptism-class (Closing Date: Tue, 1 Oct).
 - Enquiries: Karen Koh (karenkoh@riverlife.org.sg).

Note:

- Participants will have a one-hour lunch break at own expense.
- Our upcoming Water Baptism Service will be held on Sun, 10 Nov at 2pm.

- RiverLife Kindergarten 2025 Enrolment Now Open.** RiverLife Kindergarten is a Christian preschool that nurtures joyful learners. Registration for 2025 is now open.
 - Playgroup (born in 2023 from 18 months onwards)
 - Pre-Nursery (born in 2022)
 - Nursery (born in 2021)
 - Kindergarten 1 (born in 2020)
 - Kindergarten 2 (born in 2019)

Note:

For enquiries, please call 6511 4168 or email us at office@riverlifekindergarten.org.sg.
Visit our website at riverlifekindergarten.org.sg to find out more about our programmes and curriculum.

- Volunteering with RCS.**

- Maths Tutor for Primary 1 to 4.** *Serve from now until end Oct*
Come alongside and provide academic support for our beneficiaries as they prepare for their year-end exams. Sessions will be online via Zoom for 1.5 hours, once a week. Day and time can be discussed and confirmed between volunteer and student as per their schedules.
- BLESS Family Volunteer.** *Serve for a minimum of 6 months.*
Journey with a family in need through building friendship and supplying month groceries and necessities. Your will serve once a month and an hour each time. Specific time and date to be arranged at your convenience.

Registration: rlc.sg/rcs-serve24



Announcements

5. **Marriage Retreat. 23-25 Nov.** Forest City Marina Hotel. Cost: \$600 per couple. A meaningful weekend retreat for married couples to spend unhurried and uninterrupted time with each other to learn together, and evaluate and strengthen their marriage. Registration: rlc.sg/mr (Capacity: 40 couples. Closing Date: 30 September)
6. **RiverLife Missions.** Mission trip schedule for 2024 is out now on our Missions website! Discover how you can sow into the nations this year: rlc.sg/missions

- YA Gatherings (For Young Adults in their 20s). First Saturday Every Month, 5pm-8.30pm Victory Chapel (Level 1).**
The YA Gathering is a space where young adults can get together to connect and build community. This gathering is made up of two components – Community Conversations & Communal Dinner – both with a focus on relationship building and life conversations. If you are interested in joining the gatherings and would like to find out more, connect with us on our Telegram Channel: [rlc.sg/ya](https://t.me/rlc_sg_ya).

Gathering Dates: 5 Oct, 2 Nov, 14 Dec (Christmas Outreach)

- Caleb Ministry (For Seniors).** Caleb Ministry is part of our ongoing churchwide discipleship efforts, and aims to encourage, equip, and empower our seniors to live an abundant life (John 10:10) in their autumn years. The Caleb Ministry gathers on a bi-monthly frequency.

Gathering Dates: 12 Oct, 9 Nov, 14 Dec

- RiverLife Prayer Meetings.**

- *RLC Prayer Room.* Tue, 8-9.30pm, Victory Chapel. (Livestream: rlc.sg/rpr-watch)
- *Revive Nights.* Wed, 8pm – 9.30pm, Victory Chapel. (Livestream: rlc.sg/revivenights)

We encourage you to set aside every Wednesday for a time of fasting.

- Quarterly Calendar for Key English Adult Congregation Events**

**Some dates are tentative and subjected to change. Stay updated via our digital bulletin and our social media channels for the latest information.*

Quarter 3	Quarter 4
<p><u>September</u></p> <ul style="list-style-type: none"> • 01 to 29 Sep – SPYCs • 21, 22, 28 & 29 Sep - RTF Activation 	<p><u>October</u></p> <ul style="list-style-type: none"> • 05 Oct – YA Gathering, Water Baptism Class #3 • 06 to 20 – Marriage Preparation Course #3 • 12 Oct – Caleb Ministry Gathering • 13 Oct – Discipleship @ Home for Pre-School Parents (Parents Equipping) • 16 to 23 Oct – Feast of the Tabernacles • 26 Oct – Local Outreach (Youth) <p><u>November</u></p> <ul style="list-style-type: none"> • 02 Nov – YA Gathering • 7 to 9 Nov – Ministry Orientation Camp for Sec 1s • 9 Nov – Caleb Ministry Gathering • 10 Nov – Discipleship @ Home for Primary School Parents (Parents Equipping) • 10 Nov – Water Baptism Service #3 • 23-25 Nov – Marriage Retreat <p><u>December</u></p> <ul style="list-style-type: none"> • 14 Dec – YA Christmas Outreach, Caleb Ministry Gathering • 19 to 21 Dec – Youth Conference • 21-22 Dec – Christmas Outreach Weekend



Ministry & Opportunities

1. The 9M Ministry.

This 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

2. Missions Microsite.

Discover how you can go, give and pray for the nations. Let's make a difference in the nations together! For more information, visit rlc.sg/missions.

3. RiverLife Cares Opportunities.

Enquiries/Registration: rlc.sg/serve-rlcar

4. Prayer Ministry.

If you require prayer ministry for any issues you face (eg. fear, worry, etc), you can sign up for RiverLife's RTF ministry: rlc.sg/rtf

1. 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)

2. 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.

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. 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.

5. Stay Connected with RLC.

Follow us to stay updated on latest church news and happenings.

WhatsApp Broadcast: rlc.sg/wachannelinvite

Telegram Channel: t.me/RiverLifeChurch

Facebook & Instagram: [@riverlifechurchsg](https://www.instagram.com/riverlifechurchsg)

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