

Series -
Topic - When Trouble Comes (Psalms 46)

Date - 16-Feb-2020
Speaker - Pastor Ben KC Lee

CORONAVIRUS "COVID-19" PREVENTION MEASURES

During this period, we recommend all cells to practice the following preventive actions to help prevent the spread of the coronavirus:

1. Minimise Contact. Avoid handshakes and hugs during this period.
2. Deny entry for those with respiratory symptoms such as cough, sore throats and runny nose.
3. Individuals that have come into contact with other individuals who are confirmed cases or suspected cases should not attend cell.
4. Practice good hygiene during the cell time.

WELCOME [15 min]

You may want to look up the following websites for *icebreakers* suitable for your cell.

[Ice Breakers 1](#)

[Ice Breakers 2](#)

WORSHIP [15 min]

You may select songs like

1. Still
2. It Is Well With My Soul

WORD [45 min]

Spiritual Objectives

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

1. Understand how to be at peace during troubled times
2. Learn how to focus on the presence of the Lord with His people and see the difference this will make in the vicissitudes in life.

Sermon Summary

The following are the key points of the sermon:

1. When trouble strikes, God is sufficient to get us through.
2. God allows us to get into tight spots so that our faith will grow and He will be exalted.

Sermon Recap (Full Summary)

Pastor Ben opened his sermon by sharing that real troubles will definitely strike us, at some point in our lives. During those times, will we be found fearful, indifferent or selfless?

Pastor Ben then shared from Psalm 46, and introduced it as a psalm for times of weakness. We learn that the historical backdrop of this Psalm, was likely set against God's deliverance of Jerusalem in the time of King Hezekiah. Many recognize this psalm as the basis for Martin Luther's hymn "A Mighty Fortress is our God".

Pastor Ben taught on several things Psalm 46 teaches us:

1. Trouble will strike.

- We live in a fallen world, where we are not immune to the struggles and troubles that will assail us.
- Tense moments in recent history include: 1997 Asian Financial Crisis, 2003 SARS Outbreak, 2004 Tsunami, 2008 Global Financial Crisis, 2009 H1N1 Pandemic, and the ongoing 2019 COVID-19 crisis.

2. We need to know that God is sufficient.

- **God is our refuge (vv 1-3).** God's power to protect His people is sufficient, despite pressures and attacks.
- **God is in our midst (vv 4-7).** His Holy Spirit has come to dwell within us. Jesus said "Whoever believes in me, as the Scripture has said, streams of living water will flow within him" (John 7:38)
- **God is our God (vv 8-11).** God rules over all His creation. We can be still, and know that He is God.

3. We can hold fast to His sufficiency.

- **We will not fear (v2).** God's power to protect His people is sufficient. Therefore, we need not fear. We can trust God our Father, by depending on Him alone, and getting to know Him through His revealed Word.
- **We will not be shaken (v5).** If God is resident, the people of God is unshakeable. We must draw on Him as our resource, by drinking from Him daily and meeting with His people regularly.
- **We will not be defeated (v10).** We can relax- resist our natural impulse to worry, and focus on rebuilding our intimacy with God.

In summary, - **Trust** (who God He is), **Drink** (draw on God's Spirit and meet with God's people), and **Relax** (rest in God, stop striving in our own strength).

When trouble hits, may we be still and know that God is still sovereign over our crisis, and will be sufficient to get us through.

Discussion Questions

1. **How do you normally cope when you feel overwhelmed, anxious or troubled? Why do you turn to those habits/ things - what do they offer to you?** [15 min]
2. **Read Psalm 46. It describes how God's presence is among His people, giving them protection, confidence, and power in midst of troubling times. What are some specific truths from Psalm 46 that you need to apply to your life?** [15 min]
3. **How can you find time to be still before God this week? What are some things you need to do or clear away, to ensure that you have quiet time before God to Trust, Drink and Relax?** [15 min]

WORKS [10 min]

Let's pray:

1. In the midst of the fear and anxiety around us, we as Christians will be secured in our God and shine as light in this dark times.
2. For God's covering upon our loved ones and us.
3. That in this season, the gospel can penetrate into the hardest of hearts as people look for answers.

ANNOUNCEMENT

1. Combined Filipino Service

Sun, 23 Feb | 2.30pm | Victory Chapel

Our Filipino ministry is having a combined service for both Filipino professionals and domestic helpers. This is a great opportunity to invite your domestic helper or Filipino colleagues and their families to come experience the love of Christ and gather in community with others from their hometown

Church Vision

"A radiant disciple-making church catalysing Kingdom transformation in our communities and the nations."

Mission

We exist to make disciples who behold Christ and reveal Him.