

Weekly Cell Guide

Member's Copy

Series - Open Topic
Topic - Rebuilding the Walls of our
Conversations (James 3:2-12)

Date - 19-Jul-2020
Speaker - Ps Ernie Song

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. Purify My Heart
 2. May The Words of My Mouth
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BIBLE READING PLAN [10 min]

Take some time to talk about the Bible Reading Plan. The time of sharing can include the following:

- a) How's everyone's progress so far?
 - b) What are some things that God has spoken to you through the various readings?
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WORD [45 min]

Spiritual Objectives

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

1. Reflect on the power of words;
2. Examine the spiritual condition of their hearts; and
3. Seek the Holy Spirit's wisdom to guide their tongues.

Sermon Summary

The following are the key points of the sermon:

1. Your Tongue, Your Responsibility (vv. 2 – 4)
2. The Tongue has Tremendous Potential for Good or Evil (vv. 5 – 8)
3. Your Tongue Reveals What's Underneath the Surface (vv. 8 -12)

We need the Holy Spirit's wisdom to guide our tongues.

Sermon Recap (Full Summary)

The Circuit Breaker has forced families to spend more time together. While this is the best of times for tight knitted families, the news also reported a rise in domestic disputes for struggling families and marriages with many ending in divorces. The key issue is communication and the use of our tongues.

1. Your Tongue, Your Responsibility (vv2-4)

- Situations do not make us say nasty things. Those are our choices.
- How we use our tongue determines our character and ultimately, our destiny.
- Application: Fast from bad speech patterns for the next 21 days (eg. gossips, curse words, anger fuelled words, etc).

2. The Tongue Has Tremendous Potential for Good or Evil (vv5-8)

- When used negatively: Negative words release stress and anxiety-inducing hormones.
- When used positively: “Exercising positive thoughts can quite literally change one’s reality” – Dr Andrew Newberg.
- Context of James 3 – James is asking the persecuted church to practice positive speech patterns towards those who persecute them!
- Application: Replace bad speech patterns (curses) with positive speech patterns (blessings). Seize opportunities to use good speech patterns – to speak well of others, to bless others, to affirm and encourage others, etc.

3. Your Tongue Reveals What’s Underneath the Surface (vv8-12)

- A problem with the tongue reveals that there’s a problem in your heart.
- Communication problems are spiritual problems.
- Application: If you struggle to control your tongue, it may be an indication of a deeper root issue. Deal with the root issue first.

Conclusion

We need the Holy Spirit’s wisdom to guide our tongues – see James 1:5. Let us make purified and sanctified conversations a new normal in our families and relationships as we emerge from the COVID-19 Stage 2!

Discussion Questions

- 1. Share a time when a kind/unkind word was spoken to yourself (by you or someone else). What was the impact and your experience? [15 mins]**
- 2. Read James 1:26. Our words reveal our spiritual condition. What is the spiritual condition of your heart today? [15 mins]**
- 3. Ps Ernie shared various responses we could take to rebuild the walls of our conversations. Share if there is an aspect you would like to focus on, or a particular relationship you would like to ask for prayer support as you take the steps to rebuild the walls of our conversations. [15 mins]**

WORKS [10 min]

Let's pray:

1. Response to Message

- Pray that we practice God's presence daily and seek His guidance to guide our tongues.
- Prayerfully commit to fast from bad speech habits, such as cursing or gossip, and replace them with words of blessings that build up.
- Pray for the Holy Spirit to reveal to us any hidden baggage underneath the surface that is affecting our conversations so that we can deal with them.

2. COVID-19 – Phase 2

- Pray for all families in need or distress because of COVID-19 that they would be comforted and strengthened by God and His people in their difficulties.
- Pray for God to bless and safeguard Singapore so that the economy can rebound and those seeking employment will have doors opened for them.
- Pray that we will sustain our collective efforts to prevent a second wave of infections and bring the community cases down.

ANNOUNCEMENTS

1. Bible Reading Schedule

You can obtain the latest Bible Reading Schedule by visiting www.riverlife.org.sg/brp.

2. We Belong

Riverlife E-Gathering And 29th Anniversary
22-23 Aug 2020.



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.