



# WEEKLY CELL GUIDE

## 13 JUN 2021 | RENEWING OUR MINDS: FINDING FREEDOM FROM UNGODLY BELIEFS | ROMANS 12:2

Series : Heart Restoration | Speaker : Lam Zhengxin



### WELCOME

[15 MINS]

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

[Ice Breakers 1](#)

[Ice Breakers 2](#)



### WORSHIP

[15 MINS]

You may select songs like

1. Spirit Touch Your Church
2. Build My Life



### WORD

[45 MINS]

#### SPIRITUAL OBJECTIVES

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

1. Identify any lies or ungodly beliefs they may have, and together as a cell
2. Help one another to replace them with truths from God's Word

#### SERMON SUMMARY

Most of life's battles are won or lost in the mind. Our thoughts have power when we give them power. To win the battle in our minds, we must identify the strongholds that are holding us back, claim the Biblical truths that will demolish these strongholds, and renew our minds. As followers of Christ, we do not conform to the patterns of the

world where they lead us to carry ungodly beliefs. Instead, we continuously renew our minds in God's Word so that we can walk in freedom and live out the life God has intended for us.

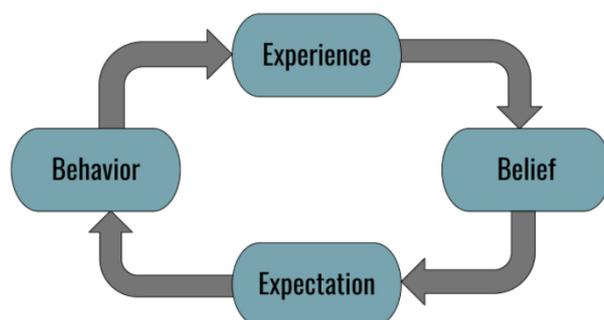
## SERMON RECAP

Our mind is a crucial component of who we are. We entertain countless of thoughts every day and the way we process them has a significant impact on our lives. Whatever has mastery over our mind will eventually have mastery over us. Do we think about what we think about? Do we gatekeep what goes into our mind? Or do we remain passive and allow the world to disciple our minds and our thought patterns?

[Romans 12:2](#) tells us the way to transformation starts with our mind. This Scripture presents us two choices – either be conformed to the patterns of this world or be transformed by the renewing of the mind. What we choose will determine the trajectory of our lives.

### 1. Do not be conformed to the patterns of this world

- To conform is passive in nature. No action is needed on our part as the world's thought patterns constantly act upon us. If we do nothing, we will end up thinking like the world thinks. It requires intentional effort on our part not to conform.
- One critical aspect of worldly thinking is ungodly beliefs (UGB). UGB are thoughts and perspectives that do not agree with God's Word and His character. All of us carry some form of UGB in our lives because we all grow up in a fallen and broken world.
- The danger is that many of us will think there is nothing wrong with our thought patterns. UGB will disguise themselves to look like truth, when in fact they are lies. UGB are powerful because they are so deceptive. We go through life thinking they are true.
- Where do UGB come from?
  - a. **Secular worldviews and culture.** For example, living in a competitive society like Singapore has ingrained in us that we must make a lot of money. There is always this fear of not having enough. Some of us carry this UGB that if we don't achieve what we want, we will lose out. But the truth is our ultimate provision comes from God and we must always look to Him as our source ([Matthew 6:25-26](#)). The Godly belief we must hold is that whether in plenty or in want, we know the secret of being content ([Philippians 4:12](#)).
  - b. **Fallen family upbringing.** We all grow up under parents who are not perfect. During our formative years they may have said or done things that impacted us negatively. When left unchecked, these words or actions can become the identity that we carry into our adult years. But when we know the truth that death and life are in the power of the tongue ([Proverbs 18:21](#)), we will then reject the UGB and embrace what God really says about us in His Word.



- c. **Hurts, traumas, and negative experiences.** The Belief-Experience Cycle above shows how UGB are formed and internalised. An EXPERIENCE causes us to form a BELIEF. Out of that belief we form an EXPECTATION. From that expectation then forms a BEHAVIOR. Our behavior influences the behavior of others which leads us back to a similar experience, which reinforces that belief and the cycle continues. For example, a comment from a teacher may be replayed in a pupil's mind over and over until she believes she is not good enough. This UGB of inadequacy must be countered by God's Word that says that as a child of God she is already chosen and empowered ([John 15:16](#), [Acts 1:8](#), [1 Corinthians 3:16](#)).

## 2. But be transformed by the renewing of the mind

- Because we live in a fallen world, all of us carry some form of UGB. To reverse them, we renew our minds with the corresponding Godly beliefs as revealed in God's Word. However, this is not a one-time solution. We must continuously renew our minds and recreate the old neurological pathways in our brains.
- When we renew our minds, we will be able to discern God's grand and perfect will for us. When our minds are soaked with His truth, every thought that crosses our mind will be tested – those that are contrary to His Word will be rejected and those that are in line with His thoughts will be approved.
- Applications:
  - a. **Feed on the Word of God.** Read, study and meditate on the Bible daily.
  - b. **Connect with the Spirit of truth.** Listen to the voice of the Holy Spirit as He exposes deeply entrenched lies or UGB about God, about ourselves, and about others that we are not even aware of. Confess them and ask the Holy Spirit to reveal the corresponding Godly beliefs to us. For example, we may be living a Christian life based on performance and duty to earn God's approval and love. This looks like 'the right thing to do' but until the Word of God is revealed to us by the Holy Spirit, we won't know the truth. The truth is that God loves us, not because of how good a Christian we are but because love is something He does and gives. It is the very essence of who He is. He doesn't just love – He is love ([1 John 4:16](#)). He loves and accepts us regardless of what we can or cannot do for Him. A true Christian life is not performance-based but grace-based ([Luke 15:11-32](#)).

### Quotable quotes:

- "I am loved by a Love I did not earn; therefore, I am loved by a Love I cannot lose." – *Lam Zhengxin*
- "What will sustain us to the very end is not religion, not our programmes, not a set of rules, but a genuine relationship with God." – *Sherman Wong*

## DISCUSSION QUESTIONS

1. Read [Romans 12:2](#). In your own words, what is the difference between being 'conformed' and being 'transformed'? Can you give any examples you know? [10 Mins]
2. What are some societal views today that conform more to the world than to the Bible? Why does a Biblical worldview matter? [15 Mins]
3. Write down one ungodly belief that you may have. Share it with the cell group and help one another replace that ungodly belief with a Godly belief that agrees with God's Word. [15 Mins]



Consider dividing the group into micro-groups for a deeper time of sharing as well as praying for the following items:

### 1. Sermon Application

- We will learn to identify our ungodly beliefs and replace them with the Word of God by the power of the Holy Spirit.
- We will live a grace-based life of faith and obedience, and not a performance-based Christianity
- We will offer up our body as a living sacrifice so that our whole life becomes a spiritual act of worship to display the worth of Christ over the worth of the world.

### 2. COVID-19 in Singapore

- The COVID-19 situation in Singapore would be under control, and that we would revert to having low infection in the community and dormitories.
- Continued progress in Singapore to overcome the negative economic and social impact of the current crisis.

### 3. COVID-19 in the World

- A swift end to the COVID-19 crisis globally, especially in India and the rest of South Asia.
- Healing and comfort for those who are sick and suffering.
- Protection and guidance for healthcare professionals at the frontline; give them wisdom, courage, and strength to confront this crisis.



## ANNOUNCEMENTS

[5 MINS]

1. **Bible Reading Plan.** You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.
2. **Heart Restoration Handout.** You can download this week's handout [here](#).
3. **Current Sermon Series: Heart Restoration.** Sermon Topics:
  - Jun 13 - Renewing the Mind
  - Jun 20 - Healing Life's Hurts
  - Jun 27 - Freedom from Oppression
4. **Consecrate Nights.** In line with the Heart Restoration sermon series, on these nights we will have worship, devotional sharing and prayer ministry time where we will mass minister to those in need. 16, 23, 30 June (Wednesdays), 8:00pm - 9.30pm. Join us online: <https://rlc.sg/consecrate-nights>.
5. **Read & Reflect On Crazy Love.** 1-30 June. As part of the Call to Consecrate, we are rallying every RiverLifer to read Crazy Love on your own. This is to prepare ourselves for the next Consecrate sermon series in July as well as our special E-gathering with Francis Chan in July
6. **2021 AGM.** In view of the ongoing COVID-19 situation, we will be conducting our AGM online on Sun, 20 Jun at 2.30pm. The notice of AGM and accompanying papers will be despatched to you by email and published on our website at a later date.

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