

Weekly Cell Guide

Leader's Copy

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]

Leader's Notes:

This is a reflect question. The purpose of this question is to give members some time to reflect on how they may be finding security or safety in the wrong habits, things or people.

Leaders can get members to examine why they turn to those habits and things. For instance, we could turn to certain habits to derive some immediate gratification to numb our fears, or allow us to feel that we are back in control. Or perhaps we surround ourselves in abundance (a nice home, a padded bank account, a well-stocked kitchen) so that we will not feel lack.

To contextualise the question further and as an ice-breaker, leaders can consider asking members to consider how they have dealt with the fear and pandemic surrounding the COVID-19 virus situation in Singapore and beyond so far: have they been fixated following the news on latest trends and figures, or perhaps taken to staying at home and avoiding usual social interactions (including church)? Have they been imbibing, and spreading fake news on the pretext of exercising caution? What about the news of extreme stock-piling of grocery items when the rest of Singapore is already in deficit—what does that reflect about the impoverished mindsets of these hoarders?

Note

Some of your cell members may have young children or teenage children. In light of COVID-19, how has your parenting change? What are some of the things you have started doing or stopped doing? Why is that so?

We each live in habits and routines that in normal circumstances would keep us comfortable and calm. When crisis strike, they reveal our misplaced trust. We usually want a quick fix, and an immediate outcome in the natural, but He wants to us to learn to go deep, and to refine our obedience.

Transition (Wrapping Up & Moving To The Next Question)

This discussion reminds us that it is all too easy to run to “man-made idols” to find security and safety. Our own experiences will show us that eventually trusting in anything or anyone apart from God is futile, and these things will not sustain us, or deliver lasting satisfaction and comfort. The take-away here is that every man-made idol that we turn to, point to a deeper underlying issue, which is our lack of trust in God. It is therefore important to know God’s Word on how we can **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).

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]

Leader's Notes:

Psalm 46 teaches us that we can **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).

Some precious principles we can glean from this Psalm include:

- Verse 1-2: The important word "therefore", appears at the beginning of verse 2. It affirms that there is **a sound reason for confident courage, in times of troubles.**
- Verses 4-5: **God dwells with His people individually and corporately** - He never intended us to live the Christian life or face trials in isolation. In light of this truth, how can we encourage our brothers and sisters who may be nervous about the current climate and COVID-19 virus, to trust God with their fears, and continue to join cell meetings?
- Verse 10: We are told to **be still and know that He is God.** It is interesting to note that the Hebrew word for "be still" (Strong's concordance) does not just mean to be quiet. It means to drop, abandon, relax, forsake, or to let go. Some translations say "cease striving." This is because when fearful, we are anything but relaxed. We are tense because we are holding on to self-preservation, either for ourselves or for others. We are afraid to die, afraid to get hurt, afraid to lose something or someone. But Jesus teaches us instead that "He who finds his life will lose it, and he who loses his life for My sake will find it" (Matt. 10:39).

Leaders can get members to share which specific truths in Psalm 46 resonate with them most, and how they can apply such truths to a specific trial in their lives. Note: For those who are parents – how do you apply these principles to your parenting?

Transition (Wrapping Up & Moving To The Next Question)

In our short study of Psalm 46, we have looked at the storm, and at the Lord of the Storm, who is in total control of events and is very present with us. As we stand confident of a victorious outcome, our response should be to be still, and practice Trusting, Drinking and Relaxing, holding fast to the "peace of God, which surpasses all understanding" (Phil. 4:7).

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]

Leader's Notes:

This is a response question. The question offers an opportunity for members to commit to letting go of "man-made idols", and instead be still before God. We need to be reminded that our meaning in life and time on earth, is not all about prolonging and preserving our life for as long as possible, or to be occupied with temporal material wealth and comfort. It is to fulfill Jesus's desire that all rooms in our Father's House which He has prepared, be filled to the brim with other sheep from the fold.

To break it down into a more practical level, leaders can guide members to consider their upcoming schedule this week, and get them to think about when they can make time to be still before God for 30 minutes, minimally three times a week, or ideally daily. To clear their schedules and make time (and space) for God, we can practice turning off our phones during those times, using our physical bibles instead of our electronic bibles to prevent unwanted distractions, or even waking up earlier to spend time with God before a busy day.

It is easy to schedule time to be still, but more difficult to follow through. Members can break up into smaller gender groups to pray for one another, and keep each other accountable to these commitments.

Transition (Wrapping Up, Vision Casting To Cell & Closing The Discussion)

This discussion facilitates personal and corporate changes, and focuses on practical steps. The COVID-19 crisis is a timely rehearsal for the coming great tribulation the Bible promises us (disasters, pestilence and persecution). We need the truth of His Word to sink deep inside us, so that we will be able to stand during uncertain and fearful times. Let us pray that we will be tested, and be found tried and true.

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.

ANNOUNCEMENTS

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.