

# Weekly Cell Guide

Leader's Copy

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**Series** - A Counter-Cultural Life                      **Date** - 01-Nov-2020  
**Topic** - We Can Triumph Over Unjust Sufferings! (1 Peter 3:18-22)                      **Speaker** - Ps Lionel Goh

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## WELCOME [15 min]

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

[Ice Breakers 1](#)

[Ice Breakers 2](#)

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## WORSHIP [15 min]

You may select songs like

1. In Christ Alone
  2. Build My Life
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## WORD [45 min]

### **Spiritual Objectives**

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

1. Know that we will triumph over unjust suffering because we have Jesus with us.
2. Prepare mentally and spiritually to go through unjust suffering so that we can face it fearlessly when it comes.

### **Sermon Summary**

The following are the key points of the sermon:

1. We will suffer unjustly in this world.
2. Jesus has gone through unjust suffering before and He will help us in our journey.
3. Our posture towards unjust suffering should be one of readiness, courage and faith in God.

### **Sermon Recap (Full Summary)**

In this fallen world, we will suffer unjustly (1 Peter 3:17). Jesus had gone through this journey before and He will help us go through challenges in our lives if we seek Him (John 16:33). We will come out of our sufferings stronger because suffering is never for nothing.

#### **1. How does Jesus help us overcome unjust sufferings? (1 Peter 3:18-22)**

- a. His *example* inspires us on our journey (v 18, 22)
    - Jesus died unjustly. He who has no sin died for us who sinned.
    - When we are suffering unjustly, remember that Jesus went through it as well, and yet He continued to do good to others. At the end of it, He was exalted.
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- Similarly, when we are suffering, we should continue to do good because God will reward us at the end.
- b. His **death** brings us safely home to God (v 18)
    - Jesus has purchased all of us with His blood. When we believe in Him, we know that our final destination will be with God for eternity. Because of the hope we have, we are able to bear with the unjust sufferings.
  - c. His **triumph** breaks all demonic strongholds in our lives (v 19-20)
    - There are many views and interpretations of v 19-20 but Ps Lionel takes the ‘angel’ view. That view believes the “imprisoned spirits” mentioned in v 19 are fallen angels who procreated with “the daughters of humans” (Genesis 6:1-4) during the time of Noah, thereby sinned and were imprisoned by God (Jude 1:6, 2 Peter 2:4). Sin was so rampant then that even angels sinned as well, which led God to flood the world.
    - Jesus went down to Hades to proclaim His triumphant victory over the fallen angels; He has disarmed the powers and authorities of darkness (Colossians 2:15). Thus, we can rejoice that darkness has no hold over our lives and we can overcome suffering like Jesus did.
  - d. His **resurrection** assures our safe landing (v 21)
    - When Noah and his family went through the flood, they went through a baptism as well. They were given a clear conscience (from the baptism) and when they called upon God, they were saved.
    - When we are going through the storm, we can call upon God to save us because we too have a clear conscience through Jesus’ death and resurrection, and God will assure us of our safe landing (Isaiah 43:2).
  - e. His **glorification** guarantees our final victory (v 22)
    - Jesus did God’s will and glorified God; God exalted Him and gave Him a position of power and authority over everything. Hence, Jesus’ glorification guarantees our victory over unjust suffering so that we will reign with Him when the time comes (2 Timothy 2:11-12).
    - We are more than conquerors in Christ (Romans 8:37-39) because He loves us.

## 2. How then should we prepare ourselves for unjust suffering? (v 4:1, 3:14-15)

- a. Be ready to suffer
- b. Don’t worry or be afraid
- c. Commit yourself and your pain to God
- d. Focus on worshipping the Lord.

## 3. Conclusion

When we suffer, accept and embrace the suffering. Focus on what Jesus has done. Look forward to the reward that is waiting for us at the end. Suffering brings about big revelations of God and helps us to grow spiritually.

## Discussion Questions

- 1. Have you encountered unjust suffering? Share your experience with the group. How did that experience affect your personal faith in Jesus? [10 min]**

### **Leader's Notes:**

*When we go through unjust suffering, it will cause us to either mature spiritually or cast doubts about God's character and goodness. Sometimes we go through both phases, at first doubting God, then seeing the good of our suffering, and finally maturing spiritually. However, we should always remember that Jesus is always here to help us through it. When we suffer, Jesus suffers together with us. We suffer for the sake of Christ and His Kingdom, and there is where our reward will be. Learn from each other's sharing on how to lean onto Jesus and rejoice in the suffering. If a member is going through a period of unjust suffering, pray and encourage him/her regularly.*

### **Transition (Wrapping Up & Moving to The Next Question)**

When going through unjust suffering, remember that Jesus is with us. He promises He will be there to help us through it. With Jesus, we have already overcome the world. As long as you continue to believe in Jesus, you are victorious even in your suffering.

- 2. How does our suffering glorify God and strengthen others who are going through the same thing? [15 min]**

### **Leader's Notes:**

*Jesus glorified God through His response to suffering: continued obedience and compassion for others. When we face suffering, it is our response that glorifies God.*

- We continue to do good to others without grumbling.*
- We consciously keep our focus on others.*
- We display our faith in the eternal hope that we have.*
- We rejoice in our suffering and remain positive.*
- We continue praising and worshiping God.*
- We know that only God can deliver us from suffering and we are fully dependent on Him for strength and joy.*

### **Transition (Wrapping Up & Moving to The Next Question)**

Our response to our suffering shows others that our faith is real and relevant. It is also an opportunity to use our suffering to testify to God's goodness and help. At the same time, it strengthens and encourages others who are going through suffering as well. In everything, we know that God is with us and we respond to Him in gratitude and with joy, thus glorifying His name.

- 3. Ps Lionel also shared 4 steps we should take when we encounter suffering:**
  - a. Be ready to suffer**
  - b. Don't worry or be afraid**
  - c. Commit yourself and your pain to God**
  - d. Focus on worshipping the Lord.**

**Which of these steps is the most difficult for you when you encounter suffering? Why is it so? [15 min]**

**Leader's Notes:**

*If we fail to prepare, we prepare to fail. Preparing ourselves mentally and spiritually for unjust suffering eases the journey and keeps our faith intact in the suffering. When you are ready to face suffering – which most of us eventually will at some points in our lives – we go through it with fortitude and strength (rather than with crippling fear and hopelessness). Reflect on these steps and find the one that is most difficult for you to do while suffering. Work it out with your cell group so that there is no hindrance to doing any of these steps when the time comes.*

**Transition (Wrapping Up, Vision Casting to Cell & Closing the Discussion)**

When we are suffering, we can easily focus on nothing else but on ourselves and what we are going through. This makes the suffering worse. Therefore, these steps help us to focus on God instead, to leave everything in His sovereign hands, and He will deliver us in His time. Always remember that this too shall pass!

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## **WORKS** [10 min]

Let's pray:

1. Pray that we will:
  - Be ready to face suffering when it comes and not to despair and give up hope.
  - Do all things to honour God, even in our sufferings, for He is most glorified when we commit all our painful experiences and all of ourselves to Him.
2. Pray for the pilot partial resumption of in-person gatherings
  - We continue to support and encourage one another in our church community through physical and virtual gatherings as we adjust to the new changes.
  - Wisdom for the leadership and staff to implement safe management measures and other changes for the in-person gatherings.

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## **ANNOUNCEMENTS**

### **1. Pilot partial resumption of in-person services**

Only 100 worshippers can attend in-person services with safe management measures in place. More details, including how to obtain tickets, will be released soon.

- Mandarin & Dialect (Combined) - Sat, 10am | Starting 7 Nov
- Youth - Sat, 2.30pm | Starting 7 Nov
- English Adults - Sun, 9am | Starting 15 Nov

Children's Ministry and Cradle Roll will remain closed for the time being. Parents with children are encouraged to join our online service from home.

**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.