



# WEEKLY CELL GUIDE

**03 JAN 2021 | RESTING IN GOD | PHILIPPIANS 4:4-9**  
Series : New Year's Day Message | Speaker : Pastor Emeritus William Lee

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## WELCOME

[15 MINS]

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 MINS]

You may select songs like

1. You Alone
  2. Christ is Enough
- 



## WORD

[45 MINS]

### SPIRITUAL OBJECTIVES

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

1. Know how they can train their hearts to rest in God; and
2. Identify 3 keys they would like to work on for 2021 in order to train their hearts to rest in God.

### SERMON SUMMARY

Anxiety and fear are characteristics of the last days. Luke 21:26 (NIV) states about the last days - "People will faint from terror, apprehensive of what is coming on the world, for the heavenly bodies will be shaken." As believers, we must train our hearts to rest in God in order to have God's peace. In order to be rested in God, we need to cultivate 6 keys for a rested heart as exemplified by the Apostle Paul – "be joyful, gentle, prayerful, thankful, focused

and practice a life of discipleship by following Christ's example." When we rest in God and hold on to His promises, the peace of God will guard our hearts and minds through 2021 and beyond.

## SERMON RECAP

### Introduction

2021 is a year with a lot of uncertainties. This may bring forth anxiety and fear in our hearts. If we are to overcome fear and anxiety, we need to cultivate a posture of restedness in our lives. In Philippians 4:4-9, the Apostle Paul gives us 6 keys on how we can cultivate a posture of restedness.

1. *Be Joyful (v 4)*

Paul, although in prison, urges his disciples to "rejoice in the Lord always" (v 4). Being joyful is a choice. We can go through 2021 with the joy of the Lord! It is our choice.

2. *Be Gentle (v 5)*

We must be gentle in both verbal and non-verbal communications. Our gentleness must not only be limited to when we are in church or at the workplace, but also in our homes.

3. *Be Prayerful (v 6a)*

We must pray in times of plenty and in times of need in 2021. Being prayerful goes beyond good intentions to pray. We must turn our intentions into actions. We can start by praying for our family.

4. *Be Thankful (v 6b)*

In times of lack or frustration, it is easy to forget how much God has blessed us – He has given us salvation, He has called us out of darkness, He has placed us in His family, etc. It is especially during these times, that we need to remind ourselves of all that God has already blessed us with and worship Him with a heart of thankfulness – see Psalm 100:4.

5. *Be Focussed (v 7)*

In 2021, we must recalibrate our bearings towards eternal things. The things of this world will fade away, while the things that are above, are eternal. Therefore, we should set our bearings on things that are above. See Colossians 3:1.

6. *Be Discipled (v 9)*

Our spiritual life must be our responsibility, not the church's. The church's role is simply to complement our efforts. Therefore, we must make our spiritual life our responsibility.

## DISCUSSION QUESTIONS

1. **As this is the first cell meeting of the new year, reflect on 2020 in the aspects of faith and discipleship. Share about those areas of your life that you felt you have grown in Christlikeness as well as areas in your life that you will need to grow further. [15 Mins]**

### Leader's Notes

This is a reflect question. At the start of the year, it is good for us to evaluate ourselves so that we can know how to move forward. Facilitate for your cell members to share about how they have or have not grown in their faith as well as Christlikeness. Encourage your members to be as open as possible. You can also encourage fellow cell members to affirm each other in areas that they have observed growth.

### Transition

In order to grow in our faith, we need to know where we are in the present and what steps we can take to grow. Therefore, this reflection is important so that we can know how to avoid the pitfalls of 2020.

2. **Pastor William shared 6 keys on how we can cultivate restedness in God. Pick 3 keys that you want to work on in 2021 and share with the cell why you chose these 3 keys. Also, share with the cell how the cell (or subgroups) can help spur you on in cultivating these 3 keys. [10 Mins]**

### Leader's Notes

This is an application question. Encourage your members to share on 3 keys that they would like to work on. One of the things you can do is to divide the cell into subgroups of 2-3 to keep each other accountable on the progress of cultivating the 3 keys and to spur each other on in times when they struggle to cultivate those keys. This is how each individual within your cell can grow tangibly in their faith!

### Transition

As we enter into a new year, let us have the posture of restedness. Even though there are many uncertainties and struggles in the present, our eyes must not be fixed on these things. Our eyes must be fixed on who God is – He is a good God and a faithful God to His children. Therefore, we can be at rest and go through 2021 with His peace and assuredness in our hearts!

3. **The reality of life is that we encounter distractions all the time. What are some distractions you may encounter as you pursue to cultivate a posture of restedness? What can you do to manage these distractions?** [10 Mins]

### Leader's Notes

This is also an application question. Encourage your members to anticipate distractions that they may encounter as they seek to cultivate a posture of restedness. These distractions can include – work, children, entertainment, etc. One way the cell can manage these distractions is to request for prayer in the cell chat when dealing with these distractions. This is how we can build each other up and spur each other on.

### Closing

2021 may be a year where we may encounter challenges and uncertainties. God never intended for us to go through life with anxiety, fear and worry. On the cross, Christ has given us His peace which transcends all understanding. Therefore, as we go through 2021, let us pursue a posture of restedness, knowing that our God is faithful and still sovereign over all.



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

1. **Posture of Restedness**  
Pray that we will cultivate a greenhouse in our lives for God's peace and restedness to reign.
2. **Managing Distractions**  
Pray that with God's help, we will manage those things that will distract us from cultivating a posture of restedness.



1. **Bible Reading Plan.** This year, we are commencing a Bible Reading Plan that will take you through the 66 Books in two years. There are also links to Additional Resources for the overview and key themes and lessons of each Book. You can access our 2-Year Bible Reading Plan 2021-2022 by visiting <https://rlc.sg/brp2021>.

2. **Senior Pastor's Address on Resumption of Activities in Phase 3.** This Sunday, Jan 10, our Senior Pastor will be giving a pastoral address on the resumption of in-person worship services and cell meetings in Phase 3. He will address the congregation during our 9am English service. Do join us online or in-person (*subject to ticket availability*) to stay updated.



"HONOUR GOD WITH EVERYTHING YOU OWN;  
GIVE HIM THE FIRST AND THE BEST."  
PROVERBS 3:9 (MSG)

# Give Digitally

Here are two cashless ways to give your tithes and offering.

## 1. PayNow

Log in to your bank's existing mobile banking app.  
Scan this QR code on the right.

**SCAN ME**



## 2. Interbank Transfer

RiverLife Church Bank Account:  
DBS Autosave 029-902431-0  
Bank Code: 7171  
Branch Code: 029

