



WEEKLY CELL GUIDE

06 JUN 2021 | DEALING WITH LIFE'S BAGGAGE | EXODUS 20:4-6, 34:6-7

Series : Heart Restoration | Speaker : Ps Lionel Goh



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. Lord, Prepare Me to be a Sanctuary
2. A Pure Heart



WORD

[45 MINS]

SPIRITUAL OBJECTIVES

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

1. Understand what generational sins are and seek to break free from them.
2. Confess and repent from our sins and the sins of our father.

SERMON SUMMARY

Children can suffer from the consequences of the sins of their fathers and their forefathers. However, God is merciful, and He has made a way for believers to be set free from these life baggages. All we need to do is to repent from our sins and our fathers' sins and appropriate Jesus' redeeming work at the Cross, and we will experience the healing, restoration and liberty of Christ.

SERMON RECAP

1. Our Inheritance from Our Parents

- a. We inherit physical and character traits from our parents. We may also inherit hereditary illness like diabetes, hypertension, or heart disease.
- b. However, we might very well inherit their sinful habits too! Habits like dishonesty, smoking, gambling, various addictions, etc.
- c. It is also possible for spiritual bondages (arising from occult practices or idol worship) to be passed down from parents to children.

2. The Bad News – We can get saddled with our fathers' baggage!

- a. Children can suffer from the consequences of their fathers' sins to the third and fourth generation. This is clearly stated in [Exodus 20:4-6](#) and [34:6-7](#). However, note that God's love is so much greater that it outsizes His justice, "*but showing love to a thousand generations of those who love Me and keep My commandments.*" (Exodus 20:6).
- b. In [Ezekiel 18:20](#), "*The one who sins is the one who will die. The child will not share the guilt of the parent, nor will the parent share the guilt of the child. The righteousness of the righteous will be credited to them, and the wickedness of the wicked will be charged against them,*" we see that each man should bear the punishment of his sin. Still, this does not exclude others from suffering the consequences of sin. It is not punishment, but the consequences that the sinful action resulted in.
- c. Some biblical examples ([1 Samuel 2:30-33](#), [1 Kings 14:10-11](#)).

3. How Do Children Suffer from the Consequences of Their Fathers' Sins?

- a. Through sin's destructive effects ([Galatians 6:7-8](#))
 - Your upbringing shapes you. Fathers who are alcoholics or compulsive gamblers, or suffer from some other addiction, affect their children growing up. They may grow up insecure and feeling hopeless, and some may also develop the same sinful habits to escape the pain.
 - Through sin's evil influence – the pattern of deception in Abraham's family ([Genesis 12:10-20](#), [20:7-11](#), Chapters [27](#) & [34](#))
 - This refers to a prevalent set of lifestyle/patterns that can be seen through the generations or a dominant sin evident throughout the family.
 - The sin may not be something big like an addiction or violence but could be an ungodly belief or behaviour that is thought of as insignificant (e.g. quick-tempered, belief in old wives' tale, telling of white lies, etc.).
- b. Through demonic pacts ([Psalm 106:36-38](#))
 - When one practices the occult or is in idolatry, this opens the doors for demons to enter your life/heart (even though that person may have been saved and stopped these practices). If our parents were or are involved in the occult, they have demonic bondages which can be passed on to us. Or if our parents have dedicated us to idols (at any point in our lives), we have demonic bondages as well.

4. The Good News - God desires to set us free from life's baggage!

- a. There is always hope for us. We need to confess and repent from our sins and the sins of our fathers ([Joel 2:12-13](#), [Leviticus 26:40, 42](#)).
- b. We need to appropriate Christ's redemptive work ([Galatians 3:13](#), [Romans 6:7](#), [Galatians 5:1](#)) – He was made curse and sin for us so that we are set free from them.

5. Steps to Freedom

- a. Confess our sins and our fathers' sins. Ask for God's forgiveness ([Leviticus 26:40](#), [Daniel 9:4-20](#)).

- b. Forgive those who have caused us to sin and to suffer the consequences of their sins.
- c. Forgive ourselves for participating in their sins.
- d. Renounce and break the power of all spiritual bondage arising from our fathers' sins.
- e. Appropriate the freedom that Jesus had purchased for us. ([Galatians 3:13](#), [5:1](#)).
- f. Consecrate ourselves to serve and obey God.

6. Personal Application:

- a. Ponder before the Lord over the next three days on how your fathers' sins may have an impact on your life and your family.
 - i. Through their destructive effects
 - ii. Through their evil influence
 - iii. Through demonic pacts
- b. Prepare your heart to receive online ministry on Wednesday Consecrate Nights.

DISCUSSION QUESTIONS

1. In what ways can our fathers/mothers and forefathers' sins hurt us? [10 Mins]

Leader's Notes

This is a recap question. From the sermon, we have learnt that our parents and ancestors' sins can hurt us through:

- their destructive impact ([Galatians 6:7-8](#))
- their evil influence like the pattern of deception in Abraham's family ([Genesis 12:10-20](#), [20:7-11](#), Chapters [27](#) & [34](#))
- demonic pacts made by the previous generations ([Psalm 106:36-39](#))

Resource: [Can My Life Be Plagued by Generational Sins, Hexes, or Curses? | Desiring God](#)

Transition

Some of these "consequences" might be present in our lives. Yet, we may fail to recognise that they are from the previous generation(s). Only when we deal with them and rely on God's redemptive power through Jesus Christ, then we will be able to experience the fullness of God's liberty in our lives.

2. If my parents/ancestors have sin patterns in their lives, does this mean that I am powerless against these desires and sinful patterns? As a believer, what should my response be towards the sins of my parents/ancestors? [10 Mins]

Leader's Notes

This is a recap question. Refer your cell members to [Exodus 20:5-6](#) and [2 Corinthians 10:4-6](#).

As mentioned in the sermon, we do not bear the guilt for the sins of the previous generations. However, how we respond to the compulsion to sin or these sin patterns is our responsibility. The two passages above clearly show us that, when we repent of the sins of the previous generations, God will give us the strength and the means to overcome these compulsions and patterns of sin. Because of Christ's victory over death, we, who are His children have the power to overcome these patterns of sins and compulsion. They are no match to the One that lives within us!

Transition

We are not responsible for the sins of the previous generation. But how we react to the impact and influence of their sins that have been passed down to us is our responsibility. In order for us to effect Christ's victory over these patterns of sins and compulsion, humility and repentance is needed – to humbly come before God (often with the help of other individuals), and to confess our sins and the sins of the previous generations, and to allow God to do His work of healing and restoration in our lives.

- 3. Reflect on your life right now and discern any sin patterns of your parents (or forefathers) that are affecting/hurting your life now. Share and discuss with your cell steps you can take to break free from these.**
[15 Mins]

Leader's Notes

Are there any similar patterns of sin (e.g., deception, addiction, anger, etc.) that you discern in your forefathers, your parents and maybe even in your generation? Reflect on any consequences, or destructive effects, that you may be suffering from this. Do you know if your forefathers or parents had made a pact with an idol/demon? Or is there spiritual bondage? Reflect on this and share it with the group. Then decide firmly to break free from this baggage in your quest for heart restoration. As taught by Ps Lionel Goh, reflect and apply the steps to freedom covered in the sermon and as indicated in the sermon summary above.

Some of these baggage can be overcome through the changing of lifestyle, thoughts, and behaviour. On the other hand, some may be deeply rooted in who we are, and we struggle to overcome them. In cases like this, encourage your members to seek Prayer Ministry (RTF) from the church. Every circumstance is unique, and a prayer ministry session will allow God to break through these barriers.

Closing

God desires to set us free from our life baggage, but the first step is for us to identify what they are – the sins of our ancestors and parents – through the consequences we are suffering. Make a firm decision today to break free from these life baggage no matter how difficult the process is.

Also, do continue to join us for a time of ministry during our Wednesday Consecrate Nights. The Consecrate Nights are a time of ministry as a response to the sermon on Sunday.



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 seek God's help to set us free from the consequences of our fathers' sins.
- We will wholeheartedly repent from our fathers' sins and our sins till we are set free.

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; giving 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. **Current Sermon Series: Heart Restoration.** Sermon Topics:
 - Jun 6 - Dealing with Life's Baggage
 - Jun 13 - Renewing the Mind
 - Jun 20 - Healing Life's Hurts
 - Jun 27 - Freedom from Oppression
3. **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. 9, 16, 23, 30 June (Wednesdays), 8:00pm - 9.30pm. Join us online: rlc.sg/consecrate-nights.
4. **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
5. **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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