



# WEEKLY CELL GUIDE

20 JUN 2021 | HEALING LIFE'S HURTS | LUKE 4:18-19

Series : Heart Restoration | Speaker : Ps Ernie Song



## 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. Sanctuary
2. Lord, I Offer My Life



## WORD

[45 MINS]

### SPIRITUAL OBJECTIVES

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

1. Understand how ungodly behaviours are developed.
2. Desire to deal with their ungodly behaviours and inner hurts (through RTF) so that they can be free and whole.

### SERMON SUMMARY

For many Christians, their growth in maturity is halted because of their inner hurts. Inner hurts can form ungodly beliefs and emotions (which serve as open doors for demonic oppression), resulting in ungodly behaviour. Our inheritance from Christ's death and resurrection is abundant life and authority over the kingdom of darkness. Our

inheritance is not lust, rage, pride, addiction, etc. These are bondages that Christ has overcome for us. Inner healing and wholeness from inner hurts is a right we have as children of God.

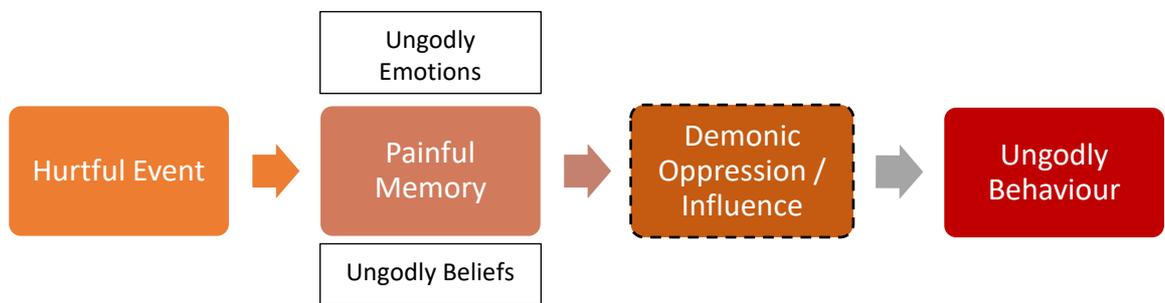
## SERMON RECAP

Our goal as disciples of Christ is to become like Him. Christ is perfect, whole and free. A relationship with God still rooted in bondage to unforgiveness, ungodly beliefs, demonic oppression is not a thriving one. Jesus died on the cross to set us free from all these.

The spiritual formation of a disciple towards maturity-in-Christ is often hindered by unattended emotional hurts, unresolved inner struggles, ungodly beliefs in their minds, spiritual oppressions and footholds, and other entrenchments.

### 1. How We Develop Inner Hurts

- When a hurtful event happens, we develop a painful memory. If this memory is not dealt with properly, it creates ungodly beliefs and ungodly emotions. These can open the door for demonic oppression in our lives. Ultimately, all of these will develop ungodly behaviours in an individual.



- Ps Ernie gave the example of Saul and David ([1 Samuel 18:6-10](#)). Saul was hurt by the comparison between him and David (thousands vs ten of thousands). Jealousy then develops (ungodly emotion), and Saul suspects that David wants to be king and usurp him (ungodly belief). It then became a stronghold for demonic oppression – "harmful spirit" (v10) – which resulted in a murderous intent towards David (ungodly behaviour).
- Sin is not just wrong actions. It is also a state. It involves un-surrendered areas of our minds and emotions to God, such as holding on to sinful beliefs and emotions and thus, rejecting the transformative healing power of the Holy Spirit. This is what it means to live in a state of sin.

### 2. Our Spiritual Inheritance

- When Adam and Eve sinned, they forfeited their dominion over this earth, and Satan became the holder of authority. However, Jesus defeated Satan at the cross and at His resurrection ([Matthew 28:18-19](#)), reclaiming back believers' authority.
- Believers are in the midst of a spiritual war for authority in our lives. Satan steals, kills, and destroys us – his only goal is to deceive us to keep us in bondage so that we cannot experience the abundant life that Jesus has bought for us ([John 10:10](#)). The devil does all that he can to deceive us to surrender our authority and stay in bondage. If we do not acknowledge this war, we have already been deceived. Believers have the authority to evict the demonic spirit/stronghold so that real change can take place. We must exercise that authority.
- "Healing and restoration" is about going to God with the hurtful memories, healing the painful emotions, and removing the ungodly belief system, thereby releasing the person to act in ways Christ desires (liberty). This is our right and inheritance as God's children.

### 3. Fruits of Inner Healing

- When healing occurs, the individual is slowly released from dysfunction and brokenness, possible demonic bondage and oppression, and sinful behaviour. This frees the individual to respond to continuous transformational work of growth by the Holy Spirit towards Christlikeness.
- As the individual submits to the work of the Holy Spirit, he/she will live in the spirit and not in the flesh. He/she will then experience the fruits of the Holy Spirit ([Galatians 5:22-23](#)).
- Freedom always leads to greater intimacy. Having the freedom to be open to God enables us to experience the intimacy with Him that we were made for.

### 4. Conclusion

- Ps Ernie ended the sermon with the restoration of Peter ([John 21](#)). Peter was greatly ashamed after he denied Christ thrice, and he returned to his old life (fishing). He probably thought that he was not worthy enough to be a follower of Christ. However, Christ restored Peter by acknowledging his inner hurt and ungodly beliefs and behaviour and then working in him. Christ was willing to come down to Peter's level and to start with where Peter was.
- No matter how bad our ungodly behaviours and inner hurts are, Jesus is willing to meet us there and to start His work of restoration and healing. Go to Jesus for your healing!

## DISCUSSION QUESTIONS

### 1. What are some possible hurts you experienced as a child that has shaped certain behaviours today? [10 Mins]

#### Leader's Notes

As Ps Ernie has explained, painful memories are formed when a hurtful event happens. If this memory is not processed correctly, we develop ungodly emotions (e.g., fear, insecurity, inadequacy, etc.). These ungodly beliefs and ungodly emotions can open the door for demonic oppression in our lives. All of these can result in ungodly behaviours in our life.

Indeed, most ungodly behaviours are shaped by childhood experiences and upbringing. As children, we do not know how to process hurtful events; thus, ungodly behaviours formed. Think back to painful childhood experiences that you believe has created ungodly beliefs and ungodly emotions that have shaped certain behaviours you have today.

Possible areas to examine: any childhood trauma, relationship with parents/teachers, hurtful teenage events, etc.

#### Transition

Identifying the source of our ungodly behaviour enables us to start the healing journey and break free from demonic oppression through our rights as children of God.

### 2. What prevents you from dealing with the behaviours you know are ungodly and not pleasing to the Lord? [10 Mins]

#### Leader's Notes

When we don't deal with our ungodly behaviours, it hinders our spiritual formation towards maturity-in-Christ. Unattended emotional hurts, unresolved inner struggles, ungodly beliefs, spiritual oppressions and footholds, and other entrenchments are obstacles. We need to surrender areas of our minds and emotions to God, reject ungodly beliefs, and accept the transformative healing power of the Holy Spirit. We are released from dysfunctions, brokenness, and possible demonic bondage and oppression through God's power. This frees us to respond to the continuous transformational work of growth by the Holy Spirit towards Christlikeness. Freedom always leads to greater intimacy with God, the intimacy with Him that we were made for.

Possible areas to examine: Pride, ignorance, "face", shame, etc.

### Transition

God desires to set us free from life's hurts, but the first step is for us to want it as well. It will not be an easy journey but allow the Holy Spirit to deal with our ungodly behaviours and to live a life that is pleasing to Him. With God, all things are possible ([Matthew 19:26](#)).

### **3. How should you live knowing that there is a war in the spiritual realms for your mind, emotions, and body?** [15 Mins]

#### Leader's Notes

Believers are in the midst of a spiritual war for authority in our lives. The devil does all that he can to deceive us to surrender our authority to keep us in bondage or to keep us ignorant of the spiritual warfare happening in the spiritual realm. If we do not acknowledge this war, we have already been deceived. That is why we need to put on the Armour of God daily to guard our hearts and minds. It is a daily battle, and we must recognise that we have God (He is omnipotent) on our side. This war is ours to win; we just need to fight it. It begins with a total heart restoration: releasing unforgiveness, cutting away life baggage, removing ungodly beliefs, healing inner hurts, etc. Remember that no matter how bad our ungodly behaviours and inner hurts are, Jesus is willing to meet us there and to start His work of restoration and healing. It is our inheritance as children of God.

#### Closing

God greatly desires us to be free and healed. When we are hurting, we hurt others too, and it will turn into a vicious cycle. Release all your inner hurts to God and allow His transformative work to begin in you. Let God set you free.

Continue and 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 desire to deal with ungodly behaviours and inner hurts to be free and whole.
- We will walk alongside the Holy Spirit and use our God-purchased authority to persevere in our healing.

#### **2. COVID-19 in Singapore**

- a. The sudden rise in community infections to be halted (esp. the Bukit Merah cluster).
- b. Pray that the spread of the Delta variant will be stopped as well.
- c. Continued progress in Singapore to overcome the negative economic and social impact of the current crisis.
- d. Pray for those whose livelihood have been directly impacted by this pandemic especially those in F&B.

#### **3. COVID-19 in the World**

- a. A swift end to the COVID-19 crisis globally, especially in India and the rest of South Asia.
- b. Healing and comfort for those who are sick and suffering.
- c. 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 27 - Freedom from Oppression
3. **Prayer Ministry.** If you require prayer ministry for any issues you face (eg. unforgiveness, demonic oppression, etc), you can sign up for RLC's RTF ministry: <http://bit.ly/rlcrtf>
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. 23, 30 June (Wednesdays), 8:00pm - 9.30pm. Join us online: <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. **Elder's Board Updates - Retiring Of Elder Ricky Ng And Elder Aaron Teo From The Elders Board.** On various occasions in recent years, Elder Ricky Ng and Elder Aaron Teo have shared about their intention to retire from eldership this year. The Elders Board concurs with their desire and will be releasing both brothers from their eldership role from Sunday, 20 June 2021. We will always be grateful to both brothers who joined the Elders Board at the same time in the year 2006 and have served faithfully for 15 years. Both have agonised in prayer for the church and have ministered very sacrificially. May the Lord bless them greatly as they continue to serve in other capacities in the church family

### ONLINE GIVING TO RIVERLIFE CHURCH

Contribute your tithes and offering digitally:

#### 1. PayNow

Log in to your bank's existing mobile banking app. Scan this QR code on the right OR enter UEN No. 200100806D.

#### 2. Interbank Transfer

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



## ONLINE DONATION TO RIVERLIFE COMMUNITY SERVICES

Donate digitally:

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