



WEEKLY CELL GUIDE

27 JUN 2021 | FREEDOM FROM SPIRITUAL OPPRESSION |
Acts 10:38, Matthew 12:22, James 4:7, Luke 10:17-20, John 8:31-32, John 14:6 and John 8:36

Series: Heart Restoration | Speaker : Ps John Koe



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. Yet Not I but through Christ in me
2. Still



WORD

[45 MINS]

SPIRITUAL OBJECTIVES

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

1. Consider how we can be spiritually oppressed.
2. Be reminded of our authority in Christ and take steps to submit to the truth of God.

SERMON SUMMARY

When we believe in the lies of the evil one, we give authority to the evil forces to come into our lives and create strongholds. This can lead to spiritual oppression. Spiritual oppression can at times lead to illnesses and mental conditions. Submission back to God gives us authority over Satan and his demonic hosts. Obeying God gives us ultimate freedom in Christ.

SERMON RECAP

Ps John shared about his own experience where he was exposed to spiritual oppression from young and how Jesus delivered him from it. He shared about how his early experiences exposed him to be sensitised to the spiritual world from a young age. This created a lot of fear in him as others did not have the same experiences as him and he was very young then. This opened him to spiritual oppression. He was also very sick from young, suffering from severe headaches and almost involved in near-fatal accidents.

Ps John also shared about the four doors (from Restoring the Foundations) – These are doorways when open, spiritual powers can enter our lives because they have been given authority to do so.

- Sins of the Fathers and Resulting Curses: the wrongs that our ancestors have done, resulting in curses of our lives. Our ancestors and our parents have spiritual authority over us.
- Ungodly Beliefs: Ps John shared about how he developed ungodly beliefs about the spirit world when he was young, driven by pain and fear. He also shared how ungodly beliefs are thoughts about God or ourselves that go against the character of God and who we are in Christ.
- Soul/Spirit Hurts: Past hurts in our life
- Demonic Oppression

Ps John shared about how Jesus set him free. In Acts 10:38, it shows how various individuals were ill because of demonic oppression and Jesus came to set them free. Jesus has the power over every demonic power.

Demonic Oppression vs Possession (Matthew 12:22)

Oppression is when a demonic power influences or dominates a person from the outside. Possession is when a demon enters a person to control a person from the inside. In this situation, a Christian cannot be possessed but he can be oppressed.

The issue of authority – the degree we believe in Satan's lies is the degree he has authority over us. We are to be mindful about what we believe in. Are we believing in the lies of the evil one or in the truth about God and who we are in Him? The degree we submit to God is the degree we gain authority over the evil one. Submission to God grants us the power and authority to resist the evil one (James 4:7). Jesus has given us the authority over the enemy (Luke 10:17-20). Ps John encouraged us to read the Word and learn to hear God's voice through the Word as that enables us to live in freedom and continual triumph over the evil one.

The truth makes us free and lies make us captive. We are free in Christ. (John 8:31-32, John 14:6 and John 8:36).

DISCUSSION QUESTIONS

1. **As a cell, take some time to consider the reasons a person could be experiencing spiritual oppression. The cell can come up with a list of the following a) lies of the evil one that we may fall for, b) spiritual experiences with other religions / occults and c) certain strongholds in our lives that we hold on to (past hurts, strongholds i.e. lack of forgiveness). As a cell, take some time to consider the difficulties (emotional pain, anger) the person is experiencing. Have you had similar experiences in the past? Share your experience with the cell.**

[10 Mins]

Leader's Notes

This is a recap and relate question. This question aims for the cell to think of various experiences and reasons why spiritual oppression occurs.

Examples of lies of the evil one: I am not good, nobody will truly care for me

Examples of spiritual experiences: Possible involvement with the occult or being spiritually dedicated to another religion at a young age

Strongholds which result from coping mechanisms (dependence on alcohol or other things to feel better, anger issues, chronic lying, etc) could have its roots in the following: Past hurts, negative childhood experiences (e.g. emotional neglect, traumatic losses)

Leaders can also ask members to consider how it would be for believers to be in such situations. This can help us to develop empathy and compassion for a fellow believer who is in pain and bondage. In addition, most, if not all of us will be able to identify with some of these experiences. Leaders can ask members to share how it was for them. Leaders can also choose to link it to question 2 when asking members to share how they moved out of that situation.

Transition

God loves us and desires to set us free. He does not leave us where we are and He has given us authority over these forces through Christ.

- 2. As believers, we have been given the authority of Christ. Share an experience where you submitted a situation you were experiencing to God. How did you move towards freedom and wholeness? How can we start / continue to take hold of the authority God has given us? [10 Mins]**

Leader's Notes

This is a reflect and response question.

This is a question for members to share of how they experienced freedom and wholeness. Contrary to it being an immediate way out or solution (with a few exceptions), it is usually an ongoing journey of small victories and continual submission to God. This aims to let members know that they are not alone in the journey and we can all journey together. The last question aims to let members think about a practical step where they can be mindful of the victory and authority God has given to them, and for them to claim and take hold of as they continue to walk with God and each other.

Some additional notes from Pastor Ben (2019 We Belong Church Conference) to take note of:

- Jesus won back the authority God had given to Adam and Eve at the Cross ([Ephesians 1:21-22](#)).
- The authority God gives to us as disciples is a joint authority between us and Christ. This is received at salvation.
- We must be under authority to have authority ([Matthew 8:5-10](#)).
- God has given us authority over everything within our God-given sphere.
- We are to submit to the spiritual leaders that God has placed over us.
- The spiritual battle we face is a truth encounter ([John 8:44, 16:13](#)) more than a power encounter.
- Our weapons are for taking our thoughts captive ([2 Corinthians 10:4-5, John 8:32](#)).
- Not everything is demonic but most issues are of the flesh as well ([Galatians 5:16-21](#)).
- We are to be deliberate in making choices to put off the old man and to put on the new man, to use the Word of God to renew our minds.

Transition

As we go through life, we may be involved in circumstances where we are exposed to the lies of the evil one, experienced strongholds and/or have been involved in certain religious experiences which may continue to impact us till today. The spiritual warfare we experience is real. However, let us take heart that God desires to set us free. He loves us and has given us the victory. May we take hold of the authority He has given to us and live a life that is truly free in Christ.

- 3. As a church, we touched on various topics on Heart Restoration. How has the experience been for you? Jesus came to set us free, and we have been set apart for Him. How can your story of inner healing and restoration be a blessing to an unbelieving lost loved-one and lead them towards Christ? [15 Mins]**

Leader's Notes

This is a reflect and response question aimed to round up the Heart Restoration series. RiverLife Church has covered the various topics – Forgiveness, Dealing with Life's Baggage – Sins of our Fathers, Renewing Our Minds, Dealing with Life's Hurts and Freedom from Spiritual Oppression. Leaders can ask members to take time

to share on how the experience has been for them – did they notice any change – in their interactions with others, on how they view God and themselves? God is a God that desires restoration. While there is an ongoing war in the spiritual realms, God has given us the Armour of God ([Ephesians 6:10-18](#)) and He has given us the authority and victory in our lives. Leaders can also consider asking your members on some practical changes they have made in their lives (lifestyle, values, thoughts, speech, etc.) in order to walk in the freedom they have received.

The second part of the question aims to direct members to consider how God desires for the pre-believers to be reconciled and restored to Him. Many of our unsaved loved ones are in bondage to fear, anxiety, sicknesses, unforgiveness, etc. And Jesus is the answer they are looking for to set them free from these bondages. Our stories of healing and restoration can be a catalyst that will help them to discover Christ and to seek Him for their healing (physical and inner). Leaders can ask members to consider if there are unsaved loved ones they would like to pray for so that they will come to hear their stories of healing and restoration, and for them to discover Christ as their healer.

Closing

As we round up the series on Heart Restoration, let us reflect on the goodness and the faithfulness of God in our lives. We live in a fallen world, we were once separated from Christ and we will carry various hurts as we journey through life. However, God desires for us to be reconciled to Him. He desires for us to walk in spiritual freedom and wholeness, to live free and to be set apart for Him. He desires for us to be engaged in life-giving and godly relationships and for His church to be the salt of the earth and the light of the world, for His glory. May we heed that call and live as consecrated, devoted disciples who walk in truth and under godly authority.

If you wish to understand more on the subject of inner healing and deliverance from strongholds, we highly encourage you to check out the following resources:

1. [Restored by Neil T. Anderson \(PDF Free for Download\)](#)
2. [Lord, I Want to be Whole by Stormie Omartian](#)

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

- For wisdom to discern what is God's truth and the lies of the evil one.
- To be mindful of the lies we may be believing, to submit it under the authority of Christ and to walk in freedom
- To be deliberate and intentional in coming before God with a tender heart and being open to his moulding, for His glory.

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.
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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. **Upcoming Sermon Series: Following Christ 10 Jul - 14 Aug.** Jesus' call to discipleship is to follow a Person - "deny himself, take up his cross and follow Me" (Mat. 16:24). Following Christ is a very distinct life. In daily interactions with others, people should see and feel the One whom we follow. The question would be: Is God the main character in your life, or is life mainly about you? In this series, we look at what it means to follow Christ – to be so amazed by who He is that we march to the beat of a different drum and live as a people who truly belong to Him.
3. **E-Gathering With Francis Chan.** As part of the Call to Consecrate, we will be having our special e-gathering with Francis Chan on 3 July, 2.30pm - 5.00pm. The e-gathering will be live-streamed via YouTube and will comprise a short worship time and 2 recorded sessions by Francis Chan. The link will be sent out soon.
4. **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: <https://bit.ly/rlcrtf>
5. **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. 30 June (Wednesdays), 8:00pm - 9.30pm. Join us online: <https://rlc.sg/consecrate-nights>.
6. **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
7. **Q & A on COVID-19 Vaccines.** Wed, 7 Jul | 8.00pm - 9.30pm. In light of the concerns regarding the COVID vaccines, we are preparing a special panel session to address any questions you might have. The panel includes: Pastor Ben KC Lee, Pastor Vincent Lun (BFOC Chair) and Professor Paul Tambyah (Professor, NUS Department of Medicine; President of the International Society of Infectious Diseases). Professor Paul Tambyah will address medical/scientific questions on COVID vaccines, while Pastor Vincent and Pastor Ben will address related Biblical/theological questions.
8. **Joining the Family.** Sat, 7 Aug. 10.30am-12.30pm. In-person at Faith Chapel (Level 2). Sign up online at rlc.sg/jointhefam by Sun, 25 Jul. For more information, please contact Karen Koh at karenkoh@riverlife.org.sg.

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