



# WEEKLY CELL GUIDE

**21 FEB 2021 | ABIDING | HEBREWS 10:24-25**

**Series : The Blessings of Fellowship | 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. Spirit Touch Your Church
2. One Voice



## WORD

[45 MINS]

### SPIRITUAL OBJECTIVES

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

1. Be committed to their cells and fellowshiping with fellow believers.
2. Use their gifts to reach out to the lost and needy to bless them.

### SERMON SUMMARY

Many modern believers feel that their relationship with God is all that matters. They see coming together in fellowship in cells as an option that they can dispense with if it is inconvenient. However, the Bible exhorts us to meet regularly to fellowship. This helps us to grow in God and reap divine blessings when we serve one another.

## SERMON RECAP

There is a rise in two types of Christians in modern times: the solo believer and the online believer. Neither are participative in the Body of Christ, and are not spiritually wholesome for believers. The solo believer believes that Christianity is between him and God, and his personal belief has nothing to do with the community and others. Online believers have no allegiance to any specific church, but consumes only the online services (of local and/or overseas churches). Due to the pandemic last year, all services and cell meetings were shifted online causing an increase of online believers. Many were converted from physical church-goers and may now hesitate to return physically to church or cell.

However, the Bible calls us to fellowship and worship the Lord together regularly. Therefore, this sermon highlights the importance of fellowship.

### 1. The Call to Fellowship (Hebrews 10:24-25)

- The Bible exhorts us to meet regularly together to spur each other to love and do good works.
- God knows we are relational beings, and we need each other.

### 2. The Basis of Our Fellowship (1 John 1:3)

- We belong spiritually to God. God is our common Father, and Jesus our common Saviour. When we become believers, we are baptised by the Spirit, making us part of the one Body of Christ (1 Corinthians 12:13). Thus, we are all spiritually connected.
- This spiritual connection allows us to fellowship deeply, going beyond mere social interactions.

### 3. The Nature of Our Fellowship (Acts 2:42, 44-47)

- Biblical fellowship is koinonia, which is the sharing and participation in common beliefs, values, goals and missions. It has spiritual elements of worship, discipling, and sharing of our love to others together.
- This can be seen in Acts 2, where the believers meet not only in the temple, but in homes as well. Not just once a week, but regularly. Not just to eat, but to share, encourage, and edify each other.
- Ps Lionel provided seven steps to follow when we fellowship:
  - 1) Meet physically
  - 2) Pray and worship
  - 3) Study Scriptures (Apostles' Teachings)
  - 4) Partake Holy Communion
  - 5) Share resources with the needy
  - 6) Fellowship over meals
  - 7) Reach out to the lost.
- This is a tri-directional fellowship:
  - 1) Vertical – Worship and pray to the God above in the church;
  - 2) Horizontal – Meet in homes to pray and edify each other; and
  - 3) External – Reach out to the lost.

### 4. The Blessings of Fellowship

- We grow in God together (Proverbs 27:17)
- We find fulfilment in using our gifts (1 Peter 4:10-11)
  - We bring glory to God when we bless others with the gifts, He gave to us.
  - When we use His gifts, we experience His great power, and our faith will increase.
- We receive comfort and help in tough times (Galatians 6:2)
  - When we face storms together, the agony lessens and the pain is divided.
- We find safety together when evil attacks us (1 Peter 5:8-9)
  - We can stand firm when others are with us (Ecclesiastes 4:9-12).
  - When we pray together, Jesus will be in our midst (Matthew 18:20).
- We will receive our eternal rewards (1 Corinthians 3:12-14).

### 5. Personal Application

- Be committed to a cell group
- Spur one another to grow in God (discipleship)
- Use your gifts to bless others
- Love, care and pray for one another
- Reach out to the lost and needy as a cell.

## DISCUSSION QUESTIONS

1. **When we fellowship with fellow believers, we receive the blessings below:**
  - a. We grow in God together ([Hebrews 10:24-25](#), [Proverbs 27:17](#))
  - b. We find fulfilment in using our spiritual gifts ([1 Peter 4:10-11](#))
  - c. We receive comfort and help in tough times ([Galatians 6:2](#), [1 Corinthians 12:24-26](#))
  - d. We find safety together when evil attacks us ([1 Peter 5:8-9](#), [Ecclesiastes 4:9-12](#))
  - e. We will receive our eternal rewards ([1 Corinthians 3:10-13](#), [Matthew 25:14-30](#))

Share with the cell the blessings you received from cell or church fellowship. [10 Mins]

### Leader's Notes

We grow stronger, richer, and victorious when we fellowship together in the Body. We receive external rewards when we use our gifts to serve others. Reflect on the blessings you've received from being part of a spiritual community and journeying with others in your spiritual walk. We are stronger when we walk together towards the common goal. Although our spiritual journey is our own, we need not (and should not) go at it alone.

### Transition

When we are part of the Body, we don't only contribute, but receive from the Body as well. We are one Body fulfilling God's purpose together. We strengthen and uphold one another. We fight the devil and grow together. Ecclesiastes 4:12, *"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."*

2. **Identify the gifts that God has graciously given to us. How can we use these gifts to reach out to others and bless them?** [10 Mins]

### Leader's Notes

Oftentimes we think that the gifts that God has given us is for our benefit and to serve ourselves. However, that is misguided. The gifts that God has given us are meant to serve others and benefit them. When we use our gifts in the right way – blessing and serving others – we experience God's power in us and we glorify Him. It is a winning combo! When we use our gifts in the way God wants us to use, everyone wins!

Also, when God has given us gifts, He expects us to use them. *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms"* (1 Peter 4:10). Hence, the onus is on us to exercise our gifts to reach out and benefit others. Get started today. Get your members to think about the gifts they have and how they can practically use them. No gift is too small or insignificant.

More reading:

- *Make the Most of Your Talents* by Rick Warren: <https://pastorrick.com/devotional/english/make-the-most-of-your-talents>

### Transition

1 Corinthians 4:2 says, *"Now it is required that those who have been given a trust must prove faithful."* We are stewards of God's gifts to us and it is our responsibility to use them, not for our benefit, but to bless others and to glorify God.

3. **Biblical fellowship is "koinonia", which is a sharing and participation in common beliefs, values, goals, and missions. It has spiritual elements of worship, discipling, and sharing of our love to others together. How do we practice koinonia or deepen our weekly fellowship in cell?** [15 Mins]

### Leader's Notes

In the Bible, koinonia is more than friendship. It is a divinely intimate, holy unity among believers—and between believers and the Lord—involving everything from spiritual oneness in the Holy Spirit, community life, sharing contributions from money to food gifts, and the communion partaken in the body and blood of Christ Jesus. A good example of koinonia found in the Bible is in Acts 2:41-47:

*“Those who accepted his message were baptized, and about three thousand were added to their number that day. They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved.”*

The following are steps to implement Koinonia:

1. **Spiritual gifts:** Serving each other with our spiritual gifts is one key way we can be the full body of Christ today. As Peter wrote, “Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms” (1 Peter 4:10). Paul expanded on this, noting, “We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; if it is serving, then serve; if it is teaching, then teach; if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully” (Romans 12:6-8).
2. **Hospitality:** We can be hospitable to each other, offering food, clothing shelter, and more.
3. **Togetherness:** We can gather for worship, Bible study, small group time, meals, and service opportunities.
4. **Acceptance:** We can accept and include each other even when one among us is weak in faith or unusual.
5. **Encouragement:** We can encourage and support each other, as well as hold each other accountable when necessary.
6. **Service:** We can serve each other, whether washing each other’s feet, watching each other’s children, or providing a meal when someone is sick or otherwise unable.
7. **Sharing our abundance:** We can share our abundance with each other and the church through our tithes and offerings so that God’s good work may be done in the world.

*(Extracted from What Every Christian Needs to Know about Koinonia -*

<https://www.crosswalk.com/faith/spiritual-life/what-every-christian-needs-to-know-about-koinonia.html>)

### Closing

Let us adapt these practical steps, bit-by-bit, into our cell to deepen the fellowship. Let our weekly meets go beyond eating and socialising and intentionally make every gathering meaningful: incorporating worship, discipling, and loving each other.



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

1. Sermon Application
    - Those who are not in cells will be inspired to join cells and grow in God.
    - Those already in cells will be committed to their cells and want to spur one another to love and good works.
  2. COVID-19
    - Continue to pray for low/zero community cases and the recovery of the country’s economy.
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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. **Booking of Tickets.** Booking of tickets for in-person service will open on Sundays at 2pm: <rlc.sg/tickets-eng>



"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





# Holy Communion

# Guide

## Significance of Holy Communion

Christ gives us various means with which we can remember Him and His work. None is more significant than the sacrament of the Holy Communion. The list below (not exhaustive) states the various significance of the Holy Communion:

- a) To Remember Christ – “...Do this in remembrance of Me.” (Luke 22:19)
- b) To Recall the Incarnation – “...This is My body...” (Matthew 26:26)
- c) To Remember Jesus’s Death – “...This is My blood...” (Matthew 26:28)
- d) To Remember That We Are Part of the Body of Christ – “...Drink of it, all of you...” (Matthew 26:27)
- e) To Celebrate the Forgiveness of Our Sins – “...Poured out for many for the forgiveness of sins.” (Matthew 26:28)
- f) To Remember Christ’s Great Commission – “...which is poured out for many...” (Matthew 26:28)
- g) To Remember That He Is Returning – “I tell you, I will not drink again of this fruit of the vine until that day when I drink it new with you in My Father’s kingdom.” (Matthew 26:29)
- h) To Remember and Celebrate Our Covenant in Christ – “...This cup is poured out for you is the new covenant in My blood.” (Luke 22:20)
- i) To Meditate on God’s Love – “...which is for you...” (1 Corinthians 11:24)
- j) To Confess our Sins – “...whoever should eat the bread or drinks the cup of the Lord in an unworthy manner will be guilty...” (1 Corinthians 11:27)

## Preparation

Before conducting the holy communion, prepare the following items:

1. **The Elements.** Prepare the elements for the Holy Communion. You can assign the communion preparation to one of your cell members. For the bread, you can use either the communion wafer, unleavened bread, normal bread/bun or biscuit. For the juice, use grape juice where possible. If not, juices of any kind are acceptable as well. Also, you might want to consider preparing a trash bin to dispose of the communion cups once the event is done.
2. **Sharing.** Prepare a short exhortation (2-3 mins) focussing on the significance of the Holy Communion and how it applies to the individual. The exhortation should end with a time of reflection and response for the individual.

# Holy Communion Script

## 1. Introduction

"The Holy Communion is an expression of God's love for us. Jesus instructed us to partake of it and remember His sacrifice on the cross until the day He returns again. I invite all of us who are believers aged 13 and above to join us in partaking in the Lord's supper. If you are not yet a believer, we ask that you refrain from partaking the communion and allow the elements to pass you by."

## 2. Exhortation

*Give a short exhortation here on the significance of the Holy Communion. Then, allow your members some time to meditate on what is being shared and to respond accordingly. This part should take no longer than 5 minutes.*

## 3. Partaking the Bread

*Pass the bread out to your members.*

"I'm reading from 1 Corinthians 11:23-25 - For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you; do this in remembrance of me.' Let us break the bread and take it together in remembrance of our Lord Jesus."

*If you are using a wafer, break the wafer together with your members.*

## 4. Partaking the Cup

*Distribute the cup to your members.*

"Let us hold the cup in our hands. In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.' Let us drink of the cup together in remembrance of our Lord Jesus."

## 5. Closing Prayer

Say a closing prayer to thank the Lord for the Holy Communion that was taken.