

4Ws for Week 39 (23 – 29 Sep 2024)

WELCOME (15 minutes)

(If there are first-time guests, begin with a round of introduction and warmly welcome the new visitors.)

Suggested icebreakers:

1. Emoji Fairy Tales (online)

Members will take turns to text in the group chat a set of emojis that represents a fairy tale or a movie for the group to guess. Example:

 Little Red Riding Hood

 Snow White

 Spiderman

2. I'm a Superhero (onsite)

Members are given 10 minutes to imagine a superhero version of themselves and draw a quick sketch, think of a name, a signature pose, and one superpower. Each member will then introduce their superhero self to the group, perform the signature pose, and share a world or societal problem they have resolved.

Materials needed: Paper and pen

WORSHIP (20 minutes)

(Encourage members to allow the Holy Spirit to minister through them by sharing words, visions, tongues and interpretations of tongues.)

Suggested worship songs:

- 1) Exalted Over All
- 2) Raise A Hallelujah

WORD (45 minutes)

Scripture Passage: Matthew 26:36-46 (NIVUK)

Sermon Title: Get Real!

Introduction

In this passage, Jesus faced many struggles but he chose to be real by sharing and not hiding them from his disciples. As believers, we too can learn this precious lesson and truth by getting real with one another.

To **Get Real** and practise authenticity in our lives, we must be willing to:

1. **Be Vulnerable** – to be open to others, though it may be risky
2. **Be Accountable** – to be authentic, and be measured in community
3. **Be Humble** – to submit to others, and stand to be corrected

Discovery and Understanding Questions:

Q1. Meditate on Matthew 26:37-38 and draw out lessons from the action of Jesus.

A1. Jesus demonstrated vulnerability – He expressed His struggle with going to the Cross; and accountability – He confided in three of His disciples how He was feeling about His struggle.

- Q2.** Look up James 5:14-16; Galatians 6:2 and Proverbs 27:17. What is the common thread in these verses?
- A2.** These verses speak of being in community and the support it offers when undergoing trials, temptations and struggles.
- Q3.** What do you learn about being humble from Matthew 26:39, 42 and 1 Peter 5: 5-6?
- A3.** Jesus humbled Himself – He was prepared to fully submit to the purpose of God for His life, to the point of death. God is pleased with humility – He gives His grace to the humble and exalts them, but He opposes the proud.

Application Questions

Break into smaller groups, share, pray and minister to one another.

- Q1.** Examine your own life in these areas of vulnerability, accountability and humility. Share an area you want to work on and how you can do this.
- Q2.** As a cell, what can you do to practise authenticity with one another?

WORKS (15 minutes)

Focus on *edification, equipping and evangelism*.

- 1. Build on the momentum of all your outreach efforts** - continue praying for your pre-believing friends and family, connect with them, and invite them to your Cell and our Weekend Services.
- 2. Consolidation of new believers** – Diligently pray for and reach out to your friends and family who have decided to receive Jesus as their Lord and Saviour, guiding and helping them grow in the faith.

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