

CELL MEETING GUIDE 11 DECEMBER TO 17 DECEMBER 2023

EXALT GOD IN PRAISE AND WORSHIP

Worship videos are accessible both from our LSBC Youtube channel "LSBC Livestream" or in the Resources page of our LSBC website www.lsb.org.sg/resources

EDIFY ONE ANOTHER THROUGH HIS WORD

Sermon Title: Rest and Relax

Sermon Date: 10 December 2023

Reference Text: Genesis 2:1-3, Ex 20:8-11, Ex 31:13-17, Heb 4:9-11, Lev 25

Speaker: Elder James Lee

SERMON RECAP

1. The Sanctity of Rest
 - A. The concept of Sabbath
 - 4th commandment to remember the Sabbath day and to keep it holy in Ex 20:8-11
 - Sabbath rest is an eternal sign of God's relationship with Israelites and that God rested from His labour on the 7th day of creation and was refreshed in Ex 31:13-17
 - God's rest requires obedience and faith and spiritual discipline
 - Enjoy life and truly live in accordance to God's word
2. How Should we Rest
 - A. Structuring Rest
 - God's order for the Israelites in Lev 25
 - Structure rest into our routine and schedule
 - B. Quality Rest
 - i. Devotional rest
 - ii. Aesthetic rest
 - iii. Avocational rest
 - iv. Relational rest
 - v. "Do whatever you want" rest

SHARING

1. Lev 25 ordains a Sabbath year, one in every seven and a jubilee year, one in every fifty. What can we learn from this?
2. Regular rest time should be guarded as much as possible. How has your perspective on structured rest and quality rest changed after last Sunday's sermon? What did you previously do for rest and what are some ways that you would consider changing?
3. The year is almost coming to a close.
 - A. Share with each other a high and a low from 2023. Share what you have gleaned from each experience.
 - B. Share with each other how you have grown in your discipleship journey – Essential Christ, Essential Cell, Essential Commission and Essential Community, and how the cell can spur you on.

PRAYER

Pray:

1. Thanksgiving for Christmas at Kovan 2023 and for cell's block party (or for upcoming ones)
2. For each other to always find rest in Christ Jesus in having structured rest in our routines and to practise quality biblical rest
3. For each other to grow in our discipleship journey

ANNOUNCEMENTS

[Please refer to the bulletin for more announcements.](#)