



CELL GUIDE 2016

Theme	Our Discipleship Journey
Topic	Towards A Good Ending (Part 1)
Speaker	SP Daniel Foo
Date	1 st and 2 nd October 2016

Message Summary

Intentionally Direct Your Life For A Good Ending

As believers, how we end our lives matter: we must aim to finish well. Lasting the long haul to finish well can only occur with purposeful intent. It is not by chance; this journey requires living with purpose. At various life stages, we will encounter different priorities, and issues we need to work on as prompted by the Holy Spirit. To ensure that we are prepared to address them, we need to build ourselves up spiritually. In the first of a two-part sermon, SP elaborated on the qualities we should work on developing.

Qualities To Develop

(1) Restedness

This comes as we develop **Christ-likeness**.

Restedness refers to feeling settled in Christ, and being at peace in our lives. It comes when we connect with God and are aware of His presence. Our minds should be fixed on our Father God (Isa 26:3-4), and be conscious of the Holy Spirit (Rom 8:6), so that we may abide in Him. With the assurance that God watches over us, we can walk in total dependence on Him (Psalm 16:8; 91:1-2).

Restedness comes in our discipleship journey to develop the character of Christ in us (Rom 8:29). Jesus is our role model for living victoriously, as one who is able to overcome, and please our Father God. Restedness also comes when we seek to do the Father's will (John 5:19), which is revealed in the Word of God. This means that we submit to the authority of Scripture and the leading of the Holy Spirit, who is our counselor and guide.

Restedness in God will always lead us in victory (2 Cor 2:14). When we apply His word and have right standing with Him, we will be able to tap on the abundance of His grace for our needs (Rom 5:17b), for example when we pray for the salvation of loved ones. As we rest/abide/dwell/remain in Christ, we will bear fruit and reap blessings.

(2) Resilience

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Resilience is the ability to recover readily from adversity. It comes from building **Capacity**, which refers to inner strength, and the power of the Word and the Spirit that we allow to operate in our lives.

Firstly, we must first build our spiritual capacity. We must strengthen our relationship with God by embarking on three spiritual disciplines:

- Word intake - by studying the Bible, remembering principles and truth in Scripture, as well as through small group discussions and the pulpit.
- Prayer-connect - which involves submitting the details of our lives and decisions to God and allowing the Holy Spirit to guide us.
- Building our altar of thanksgiving, praise, and worship.

Our conscience must be increasingly sensitised to the Holy Spirit (Rom 9:1). It is our conscience that tells us right from wrong, so we must ask to be able to hear God clearly. We must also sharpen our discernment (Heb 5:14), allowing us to perceive what is of God or not in the world around us.

Secondly, our soul-personality must be transformed. Our minds must be continually renewed to build our mental capacity (Rom 12:2), so that we are single-minded and clear between godly and worldly perspectives. Our emotions must be surrendered to the Holy Spirit to build our emotional tank (Gal 5:22-23). We have to guard against spiritual leakages caused by stress, anxieties and fears. To deal with them, we need strength from God, and the source of this strength arises from having joy in the Lord. Joy can be found in His presence, which we enter through thanksgiving, praise, and worship altars that we must continually build. Our wills must also be increasingly aligned with God's, thus giving us increasing wisdom from above. In decision-making, knowledge (from people/facts), understanding (revelations from the Holy Spirit), and spiritual wisdom should all be aligned.

Thirdly, we must walk in divine healing, health, and life. This involves looking after our physical body through rest, exercise, diet, and nutrition.



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Questions

What are some goals and dreams that you are currently pursuing?

(Fill In Answer Here)

Why is it important for us to finish well this race that God has set out for us?

(Fill In Answer Here)

What are some steps we can personally take to grow in restedness and build resilience, in order to finish well?

(Fill In Answer Here)
