



CELL GUIDE

TOPIC Climb Your Mountain - Part 2

SPEAKER SP Daniel Foo

THEME Kingdom Quest

DATE 11 & 12 Jan 2020

MESSAGE SUMMARY

INTRODUCTION

This second sermon of the three-part series on “Climbing Your Mountain” is a reminder to all Christians to review and to reflect so as to recalibrate our lives at the start of the year.

The purpose is to recalibrate our lives to align with the will of God, the word of our Lord Jesus and the wisdom of the Holy Spirit.

The focus is to make necessary adjustments in our lives, so as to finish well in the sight of God.

REVIEW & REFLECT TO RECALIBRATE

While the first part of the sermon was on **WHY** we should climb our mountain, SP now gives us handles on **HOW** to climb our mountain. The key is to review and reflect on the various aspects of our life, so as to recalibrate them as we move ahead.

1. OUR PRIVATE LIFE

A. How is our walk with God? How are we knowing-experiencing God?

What is the **actual reality** of our spiritual disciplines? How is our Word-Intake? Our Prayer-Connect? Our Altar of Thanksgiving, Praise, and Worship? Is there someone who we can trust to regularly check on our spiritual walk from time to time? Do we have someone whom we have allowed to speak into our life with regard to our spiritual walk?

B. How are we dealing with our personal baggage?

Our insecurities, fears, worries, unhealed hurts, unforgiveness and unmet needs are obstacles which will prevent us from climbing our mountains and finishing the Race which God has set out for us (Heb 12:1). How are we dealing with them?

C. Who prays for us? Who knows our private life? Who is in our band of brothers / sisters?

We may encounter temptations or compromising situations in life. We need to consciously identify our spiritual confidantes whom we can count on and call upon to pray for us during times of temptation. God is able to protect us in those situations, but we must be willing to submit to authority, confess our faults and trespasses as well as to pray for one another (Ja 5:16). So, that we may be saved, healed, delivered and not fall during times of temptation. This is the gist of the body life present in Church which is governed by our choices and not by chance.

D. How are we Restoring our Foundations?

The RTF ministry which takes place quarterly in BBTC is a platform to address the areas of:

i) Sins of the Fathers with its Resultant Curses (SOFC); ii) Ungodly Beliefs (UGB); iii) Soul Spirit Hurts (SSHs); iv) Demonic Oppressions (DOs)

Let us make use of the resources available to help us attain spiritual freedom in 2020.

E. How are our Values and Attitudes reflected in the way we live?

Values and attitudes influence our character, integrity, motivation, words, conduct and behaviour. For example, we are to have an attitude of forgiveness when we face hurts and betrayal. We are encouraged to walk in holiness and purity as well as to behave differently from worldly people.

F. What Faith Convictions have we developed as we walk with God?

Faith convictions come about when we experience God. Have we tasted that the Lord is good (1 Pet 2:2-3)? Do we believe in God and so speak our beliefs with conviction (2 Cor 4:13)? Our faith convictions influence our actions and our lives.

G. What needs to be recalibrated?

How have we been spending our resources? Our time? Our money? Our energy? Who makes up the company that we keep? Do they encourage us in our walk, or discourage us? What activities have we constantly been engaging in? Not everything moves us towards God. What was permissible in the past, may not be permissible in the new season. Let us turn back to God with a posture of brokenness and a contrite heart (1 Jn 1:9).

2. OUR PERSONAL RELATIONSHIPS

A. How is our Marriage?

B. How are our Children?

C. For those who are single - How are our Relationships?

D. How is our Family? Our Parents and Siblings?

E. How is our relationship with others in the Body-Life?

F. How is our life-circle? Who journeys with us? Who sits at our table?

As we reflect on the actual realities of these personal relationships, SP also reminded us of the importance of maintaining and building these relationships. While the first four are typically seen as important, the Body-Life is our spiritual family and should be treated as such. Just as there can be hurts and offences in a biological family, so there can be in a spiritual family. However, just as we would not leave our biological family, these hurts should not be the reason for leaving our spiritual family either. We may disagree, but we should not disengage.

3. OUR PUBLIC LIFE

Our public life is likened to the part of the ice-berg that is visible, while our private life is the part of the ice-berg submerged under water. We are encouraged to spend the major part (60%-70%) of our intentionality, discipline and resources in building our private life. It is important to note that much of the stellar character traits (eg. talented, charismatic, gifted) which we see of public figures are usually rooted in foundational spiritual disciplines hidden from the sight of man (brokenness, deep prayer life, Christ-like-ness, regular word intake, worship).

We need to ensure that we are fulfilling the roles and responsibilities of our lives as spouse/ parents/ children in our family (Primary Calling), kingdom assignments in our lives (Missional Calling) and core competencies at work. We are reminded to be a testimony at work and not use the excuse of serving God to cut corners in our jobs.

4. OUR MINISTRY BODY-LIFE

A) Aim to have no major sickness in your CG-Cluster-Tribe

There are two issues which we will face in life and that is an aging body and death. Our physical body is the last to be saved and ultimately, we will receive a new resurrected body. So, our present body is mortal and corrupt, vulnerable to germs, viruses and organ failure. Sickness and Illness is a trial of faith for many resulting sometimes in departure from the faith. The biblical advice in the face of sickness is to pursue God and to always depend on His grace. The key is to do all we can spiritually, medically and nutritionally to keep healthy (Ja 5:16; 3 Jn 2).

B) Aim for no separations and divorces in our body life

We can encourage husbands in our church to love their wives (1 Pet 3:7), and for wives to submit to their husbands. No one is perfect and we should refrain from comparison of our spouse to other leaders in church. This act of comparison is the devil's snare. Married couples are to take on the main responsibility of maintaining a healthy marriage and the cell can play our part to support them by speaking into their lives.

C) Aim for children to have no father wounds and mother wounds

Absent fathers and mothers in families will have impact on children during their childhood and teenage years. Hurtful words spoken also have a significant negative impact on children. We are encouraged to be spiritual fathers and mothers over the children, youths and young people who worship in our church.

D) Aim for spiritual life and growth for everyone following BBTC's discipleship pathways

Our church is revamping the discipleship tracks, and the new discipleship packages will take about 7 years to be filtered down to the whole church.

E) Aim for salvation of loved ones and return of wayward loved ones in 2020

Let us not be discouraged if our loved ones are still pre-believers or are wayward in their faith. We are to maintain the relationship through fellowship, find out their reasons for rejecting Christ and pray strategic prayers to tear down strongholds. We are reminded to not burn bridges with our loved ones.

F) Aim for effective bonding and building, accountability and covering, prayer and communication

We are all accountable to each other when we travel or when we embark on non-routine activities.

CONCLUSION

We are reminded to run our race by disciplining our bodies and living our lives in a way that we will not be disqualified (1 Cor 9:24, 26-27). We are to refrain from comparison with each other and to personally ask God to direct and guide us in our lives for 2020.

QUESTIONS

1. SP shared 3 spiritual disciplines in our private life which we are encouraged to cultivate intentionally for the new year. What are the 3 spiritual disciplines? Which do you hope to cultivate for 2020?

2. Reflect on your personal relationships. Are there relationships which you need to strengthen? Share how you would like to strengthen the relationship. Are there relationships which you want to give thanks for? Share how this relationship has been a blessing.

3. Of the 4 areas below, identify 1 area which you hope to see a breakthrough in:

a) Your Private Life

b) Your Personal Relationships

c) Your Public Life

d) Being a more effective Priest and King

Share in greater detail the breakthrough you hope God to bring about in 2020 and how the cell can pray for you and support you in that area.