



CELL GUIDE

TOPIC Thriving, Beyond Surviving

SPEAKER Elder Lok Vi Ming

THEME What to Pursue in Life?

DATE 24 & 25 July 2021

MESSAGE SUMMARY

INTRODUCTION

In light of Bethesda Care Services (BCS) Awareness Week, the message this week from Elder Lok Vi Ming focuses on living a life that is victorious, abundant and thriving.

As Christians, our lives are a testimony for God and as part of our identity, we should strive to live in service of others. When we pursue Christ-likeness, God will plant us where He wants us to be. We will be firmly rooted, fruitful and successful. With that abundance and overflow from God in our lives, we will be able to serve others and be overcomers in life.

KEY POINTS

Context in Singapore

Against a backdrop of the global COVID-19 pandemic, the past year has shown a worrying increase in the number of people considering or committing suicide. The demographic spans youths, young parents and the elderly, showing that the climate today impacts everyone. No one is immune to the uncertainties and pressures present in our society.

Examples of the BCS's Impact in Our Community

1. Elderly

The first story was shared about a volunteer connecting with an elderly lady who did not have family support. The elderly lady felt like she had nothing much to live for. Through educating her on how to use a smart phone, the volunteer was able to contact her more often and give her a listening ear. The volunteer also shared that life is not just about work but about family and community.

Mark 2:1-12 tells the story of a paralysed man who was helped by his friends to meet Jesus. His friends went out of their way to bring him up to the roof and lowered him through a gap in the roof to meet Jesus directly. Can we show the same love and creativity in helping the ones in need around us?

2. Families in Need

Through the services provided by BCS, a family that had financial difficulties and three children, one of whom was diagnosed with autism, received valuable assistance. This

assistance, in the forms of tangible goods and support and encouragement from BCS' staff and volunteers, enabled their family's relationships to improve. They expressed gratitude to BCS and credited the organisation for improving their situation.

In John 5:1-8, Jesus performed a healing miracle at Bethesda. A key lesson we can draw from this incident is how we can model our behaviour after Jesus. Will we make ourselves available and ask others in need if they need help? This mirrors Jesus asking the lame man if he wanted to be healed. Can we be proactive and be the one that people in need are waiting for? This mirrors the lame man lamenting that he had no one to help him into the pool.

Actions You can Take

1. **Give** – When you donate, the government will match your contribution dollar-for-dollar under the Enhanced Fundraising Programme, which means your giving is doubled! You will also get 250% tax deduction for contributions above \$10.
2. **Share** – Be an advocate and tell your family, friends, colleagues etc. about the work done by BCS. Subscribe to BCS's WhatsApp and email list to learn about the needs of the community and share them with your networks!
3. **Serve** – Get involved by serving in some of the urgent volunteer areas run by BCS such as Meals-on-Wheels, Befriending the Elderly and Exercise Buddy with the Elderly.

CONCLUSION

The verse in John 5:8 tells us of the process that occurs when we, the vessels and messengers of God, bring God's work into the life of someone in need. God wants the person to **rise**; He demands the impossible from someone who cannot picture what it means to come out of need. He wants the person to get up from a place of brokenness and be strong. The person is to get rid of the old and embrace the new by **taking up his bed** and **walk** as someone thriving, beyond just surviving. Let us rise up to help people in need fulfil this command.

QUESTIONS

1. As we have seen from the statistics in Singapore, mental health issues and suicide have become more prevalent, likely exacerbated by the ongoing pandemic. Are there any areas you are struggling with or do you know of anyone who might need some support/resources?

2. In these uncertain times where many jobs are at risk, how much do you trust God with the resources you have to be released to bless others? What can you do to increase in your faith in God so that you can thrive and help others to?

3. Looking at the three areas - give, share or serve - where you can take action, which of these would you be willing to explore and what specific actions would you take?