



## CELL GUIDE

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|-------|---|---------|---------------------|
| TOPIC | Learning from the Mothers                 | SPEAKER | Pastor Low Kok Guan |
| THEME | Redigging the Well of the Brethren Church | DATE    | 13 & 14 May 2023    |

# MESSAGE SUMMARY

## INTRODUCTION

Ps Kok Guan used Proverbs 31 to preach on learning from mothers during the Mother's Day weekend. He took this opportunity to encourage us to show our appreciation not just to our mothers but to our spiritual mothers who have touched and guided many disciples. In turn, many of these disciples have also become spiritual mothers themselves.

## LESSONS FROM MOTHERS

There are three parts to the Book of Proverbs. In part one, a father warned his son of things he should be wary of. The father, in the second part, then described contrasting acts of wisdom and folly, such that his son would be mindful to choose to do what is wise. In the final part of Proverbs, kings shared words of wisdom. Proverbs ends with Chapter 31 in which King Lemuel shared advice that his mother lovingly imparted to him.

### 1. Cut off what destroys you

King Lemuel's mother warned him against indulging in women and wine, adding that such behaviour is not for kings and rulers. Although we are not kings in a technical sense, we are called to be effective Priests and Kings for Jesus. Just like King Lemuel, we are not like others, who are of the world; we must be mindful that even small sins such as anger and envy can destroy us. As Paul mentioned in Ephesians 5:3, there must not be even a hint of sexual immorality or of greed in us, as it is improper for God's holy people. God gave us instruction not so that we may be restricted, but so that we may be protected.

We must instead use our strength and vigour wisely. The word 'vigour', in particular, connotes direction; we have to make sure that our choices and actions are aligned with what is Godly.

Ps Kok Guan encouraged us to pen down the 'little sins' that can destroy our lives, and list steps to overcome them.

## 2. Care for those in need

King Lemuel's mother encouraged him to defend the oppressed and help the poor and needy. It was even emphasised thrice in the passage that they had rights too. As they had rights but were unable to speak up, it was his responsibility as their king to make sure their concerns were heard.

In Galatians 2:10, Paul tells us to remember the poor. In fact, we should take action to care for them too. Bethesda Care Services (BCS) was established to do just that, reaching out to the Bedok community through projects such as meal distribution and youth mentorship. A team from BBTC also distributes free vegetables to the community every Sunday. Ps Kok Guan urged us to reach out to the community, and we can do so by contacting Michelle Low to participate in BCS, and Paul Chua to join the vegetable distribution group.

Ps Kok Guan also asked us to think about how we can care for a particular person (e.g. a family member or a co-worker) in the week ahead. We can also aim to help someone every day.

## 3. Cherish what you have

Verses 10 to 31 of Proverbs 31 are a mnemonic. In the original Hebrew text, the first word of each line begins with a different letter, in alphabetical sequence. This implies that God intends for us to remember this passage. This passage can also be divided into three parts. The first part describes the woman herself - noble, of great value, and trustworthy. The second describes her work - she works hard and reaches out to the needy. The third describes the things she focuses on - her family and household.

In terms of structure, words are mirrored from verses 10 to 29. For example, the word *hayil* ('noble') appears in verse 10 as well as 29, and *balah* ('her husband') appears in both verses 11 and 28. The exceptions are verses 30 and 31, which are used to summarise and conclude the chapter. What matters is not what is on the outside ('beauty is fleeting'), but what is on the inside ('fears the Lord'). The woman in the passage accomplishes much because she is God-fearing.

Ps Kok Guan urged us to show appreciation to our loved ones for the good attributes they possess, praise them, and to cherish them more than rubies.

## CONCLUSION

God wants us to reflect on the people in our lives that we should cherish and thank Him for. Ps Kok Guan encouraged us to thank them personally for all that they have done for us.

# QUESTIONS

1. Ps Kok Guan mentions that we should take this opportunity to show appreciation to the people in our lives. Who will you show your appreciation to, and why?

2. Pastor Low stressed the importance of cutting off what destroys us. What is the one thing that God has placed in your heart to take heed of so that it does not destroy our walk with God?

3. King Lemuel's mother encouraged him to spend his strength and vigour to help and advocate for people in need. Who around you or in your community can you help? How can you do so?