



## CELL GUIDE

**TOPIC** Better Covenant, Better Promises

**SPEAKER**

Pastor Daniel Foo

**THEME** Experiencing God

**DATE**

26 & 27 April 2025

# MESSAGE SUMMARY

## INTRODUCTION

In this week's sermon, Pastor Daniel expounded on the profound significance of the New Covenant established through Jesus Christ, which helps us to become better worshippers of God, offering believers a deeper, more intimate relationship with God. We can be transformed as we look to Jesus, the Son of Man, Jesus as the New and Living Way as well as rely on the Holy Spirit who dwells in us.

## BETTER COVENANT, BETTER PROMISES

### 1) Jesus, the Son of Man

The heart of the Gospel (1 Cor 15:3–4) is that Jesus, who is fully God and fully Man (Phi 2:5–8), came to save humanity. Jesus lived and ministered entirely as a man, fulfilling the justice of God. The first Adam lost access to God and dominion over the Earth due to sin. Jesus, the last Adam, came to restore these two fundamental rights—fellowship with God and authority on Earth.

Jesus is not like us. He is without sin (2 Cor 5:21; 1 John 3:5) and filled with the Holy Spirit without measure (John 3:34), unlike us who receive faith in varying measures (Rom 12:3). His sinless life and perfect obedience to the Father serve as a model for us. As Christ humbled Himself and obeyed, even to death, God exalted Him above every name (Phil 2:9–11).

### Implications and Practice for Us

Jesus was fully human. He understands us completely. He knows our weaknesses, anxieties, and fears (Heb 2:17–18; 4:15). This means we can come before Him boldly and confidently receive His mercy and grace in our time of need. The blood of Jesus has powerful implications: it forgives our sins (1 John 1:9), cleanses us from all defilement (2 Cor 7:1), and covers us with righteousness (Rom 4:7–8). His blood also serves as our protection against the enemy.

### The New Covenant in Christ

The new covenant is not based on human effort but on Jesus—the perfect Son of Man, our eternal High Priest. Through His blood, we not only receive forgiveness but also the assurance of God's promises and grace when we fall short. In Christ, there is salvation, healing, favour, and so much more. Most importantly, we now have full access to God through Jesus.

## 2) Jesus, the New and Living Way

According to Hebrews 10:19–21, Jesus has opened for us a new and living way into the presence of God. This way is made possible through His blood and by His role as our great High Priest. No longer are we separated by sin; through Jesus, we now have direct access to God.

### Implications and Practices for Us

Our approach to prayer and worship is transformed. When we pray, we do so by acknowledging the presence of God with confidence and reverence. We can speak to God directly and end our prayers in Jesus' name, recognising that it is through Him that we are heard.

We no longer need to cry out for God to "rend the heavens" (Matt 27:51), because Jesus' death tore the veil in the temple. Heaven is now opened to us. Likewise, we do not need to pray for God to "open the heavens" (Rom 5:1–2), because through Christ's resurrection, we are justified and have continual access to His grace. Jesus has risen, and because of that, we live in the hope and assurance of a restored relationship with God.

## 3) The Holy Spirit, who Dwells in Us

The Holy Spirit has been given to us as a helper, a divine presence living within us to lead us in loving kindness and truth. He is personally present, actively working in us to transform our hearts and empower our lives.

### Implications and Practices for Us

The Holy Spirit is our model and enabler for living a victorious, God-pleasing life. He empowers us to overcome sin, resist the pull of the world, and stand firm against the evil one. Because He dwells within us (1 Cor 6:19–20; 1 Pet 1:18–19), we are called to live in total dependency on Him, drawing strength, wisdom, and direction from His presence.

Through the Spirit, we are brought into a personal, daily relationship with God. We are not left to navigate life alone. As 1 John 2:27 reminds us, the Holy Spirit teaches and guides us from within. We are invited to abide in Him and rest in His presence. His voice, though gentle and inward, is personal and real, shaping our thoughts, stirring our hearts, and giving us clarity. We must learn to recognise and become familiar with this voice.

The Holy Spirit also empowers us for ministry. He equips us to carry the grace of God to others—to encourage, comfort, and serve in love.

## CONCLUSION

Hebrews 8:10–12 shows that God desires a personal relationship with us—He wants to be our God, and for us to belong to Him. This means surrendering our thoughts and emotions to His guidance. Instead of being sin-conscious, we are called to be God-conscious, walking confidently in His presence, knowing we are fully known, fully loved, and empowered to live for Him.

# QUESTIONS

1. In what ways have Jesus and the Holy Spirit given you the confidence in living your daily life? Share some personal examples.

2. From what we have heard about Jesus as the Son of Man, the High Priest, and the New and Living Way, what stood out to you the most and why? How does it reshape the way you respond to challenges, guilt, shame, sin or opposition?

What is one area in your life where you need to grow in walking confidently with God? How can you practically surrender that area to Him?