



## CELL GUIDE

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<b>TOPIC</b>	The Blessings of the Cross	<b>SPEAKER</b>	Ps Daniel Foo
<b>THEME</b>	Encountering God	<b>DATE</b>	18 & 19 Apr 2026

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# MESSAGE SUMMARY

## INTRODUCTION

Ps Daniel introduced the sermon by highlighting humanity's fallen condition through sin and God's redemptive plan revealed through the divine exchange at the Cross.

### 1) The Fallenness of Man

God created humanity for relationship with Him, but sin entered through Adam and Eve's fall, bringing widespread wickedness and violence. Yet God did not abandon mankind; through His redemptive plan fulfilled in Jesus Christ, His saving work continues today, revealing humanity's ongoing need for a personal relationship with God.

### 2) The Good News

The gospel is the good news that Jesus Christ died for our sins, was buried, and rose again on the third day (1 Cor 15:3-4). His death addresses the consequences of sin - what man could never overcome. Through the cross, Jesus dealt with separation from God, condemnation, fear, curses, defeat and death. Through His sacrifice, we are reconciled to God (Rom 5:6, 8, 10).

### 3) The Blessings of the Cross

At the heart of the cross is the divine exchange: Jesus, who knew no sin, became sin for us so that we might become the righteousness of God (2 Cor 5:21). Though we deserved death, Christ took our place and died on our behalf. In exchange, we receive His righteousness and reconciliation with God. Though Jesus was rich, He became poor so that we might become rich in Him (2 Cor 8:9).

## THE BLESSINGS OF THE CROSS

Ps Daniel shared seven examples of what it means to experience the blessings of the Cross.

### a) A personal relationship with God

Through the Cross, we are justified, reconciled to God, forgiven, made righteous through Christ's blood, placed in His body, and given eternal life (Rom 5:1, 10; 2 Cor 5:21; John 3:16). This is possible only through Jesus' sacrificial death as the Lamb and our High Priest, and we are called to continue growing personally in the grace and knowledge of Him.

### **b) No more guilt and condemnation**

The enemy seeks to weaken believers through guilt and condemnation, but through the Cross, Jesus cancelled what stood against us and set us free (Col 2:14; Rom 8:1–2). As we walk in the light through God’s Word, fellowship, and following Jesus, His blood cleanses us and produces boldness and confidence instead of a guilty conscience.

### **c) No more fears**

Jesus has delivered us from the bondage of the devil and the fear of death, giving us the Spirit of adoption rather than fear (Heb 2:14–15; Rom 8:15). As we continually receive the Father’s love through worship and fellowship, fear is cast out, our hearts are strengthened, and God’s peace guards our minds (1 John 4:18).

### **d) Freedom from curses**

Christ has redeemed us from the curse of the law so that the blessing of Abraham might come upon us (Gal 3:13-14). While curses and brokenness still exist until the new heavens and earth (Rev 22:3), every curse can be broken in Christ - including sickness, financial bondage and relational failures.

### **e) Access to the grace of God for every need in our lives**

Through Christ, we have access by faith into God’s grace (Rom 5:2). God responds to faith and invites us to come boldly before Him to receive mercy and grace in our time of need (Heb 4:16). We are called to live in continual dependence on Him through prayer.

### **f) A more abundant life - new, victorious and overcoming**

In Christ, we put off the old self and walk in new life, receiving every spiritual blessing—the blessing of Abraham, the blessings under the law, and every blessing in the heavenly realms (Gal 3:29; Deut 28; Eph 1:3). Though we face trials, in Christ we have His peace and victory (John 16:33).

### **g) The Holy Spirit**

Through the finished work of Christ, we are made holy and become the dwelling place of the Holy Spirit (1 Pet 1:9, 1 Cor 6:19-20). The Holy Spirit fills us with joy and peace, so that we may abound in hope by His power (Rom 15:13). He strengthens, leads and empowers us to live a Spirit-filled life.

## **CONCLUSION**

Jesus declares in John 10:10: “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

- In Christ, there is forgiveness - yet do you still struggle with guilt and condemnation?
- In Christ, there is peace - yet are you still constantly gripped by fear?
- In Christ, there are blessings - yet is your life still affected by curses?
- In Christ, there is abundant grace - yet are you still living an impoverished life?
- In Christ, the Holy Spirit is with you - yet are you living a powerless life?

God has provided everything you need in Christ. How are you experiencing the fullness of the blessings of the Cross?

# QUESTIONS

1. Think back on your own personal relationship with God. Which blessings of the Cross first drew you to Christ?

2. Why do you think we still struggle with things like guilt, fear, or a lack of peace - even though Christ has already secured freedom for us at the Cross?

3. How are you living out your inheritance in Christ? Which aspect of the blessings of the Cross do you most need to experience more deeply right now?