

Praise and Worship + Intercessory Prayer

Praise and Worship (20 minutes)

2 worship songs; 2 theme songs (please choose 2 songs):

1. Joy
2. Grateful
3. Beautiful Day
4. Sing A New Song

ICEBREAKER (10 minutes)

After doing an icebreaker, please explain the value that you learn from the icebreaker.

Title: Healthy Soul, Healthy Body

Instruction: The cell leader asks the cell members to share their experiences about rejoicing in hard times.

Value: Rejoicing is powerful to overcome any challenges in life.

SHARING THE APPLICATION OF THE WORD OF GOD (50-60 minutes)

Goal: all members could do and experience the truth of the Word of God.

Question: What are the theme and highlight of last week's sermon?

SOUL HEALING #5

HEALTHY SOUL, HEALTHY BODY

I. SOUL AND BODY ARE RELATED.

a. Body's condition may affect soul.

• **Soul may affect body's condition.**

- **1 Samuel 25:36-38** ³⁶ Now Abigail went to Nabal, and there he was, holding a feast in his house, like the feast of a king. And Nabal's heart was merry within him, for he was very drunk; therefore she told him nothing, little or much, until morning light. ³⁷ So it was, in the morning, when the wine had gone from Nabal, and his wife had told him these things, that his heart died within him, and he became like a stone. ³⁸ Then it happened, after about ten days, that the LORD struck Nabal, and he died.

b. John 16:33 ³³ These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

- **Even though we face many challenges and hardships, God wants us to be of good cheer.**

II. MORAL: REJOICE AND LAUGH!

a. REJOICING AND LAUGHING ARE BEENFICIAL FOR OUR BODY AND MENTAL.

- **Proverbs 17:22** A merry heart does good, like medicine, But a broken spirit dries the bones.

- **Proverbs 15:13** *A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.*
 - **Proverbs 15:15** *All the days of the afflicted are evil, But he who is of a merry heart has a continual feast.*
 - **Psalm 37:4** *Delight yourself also in the LORD, And He shall give you the desires of your heart.*
- c. **START REJOICING AND LAUGHING.**
- **Adult must rejoice, like when we were kid.**
 - **Mark 10:13-14** ¹³ *Then they brought little children to Him, that He might touch them; but the disciples rebuked those who brought them. ¹⁴ But when Jesus saw it, He was greatly displeased and said to them, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of God.*
 - **Romans 14:17** *for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.*

III. **4 LEVEL OF LAUGHING AND REJOICING.**

1. **LAUGHING AND REJOICING WHEN SEEING SOMETHING FUNNY AND HAPPY.**

- **Laugh is affected by personality, but it is needed to be TRAINED and GET USED TO IT.**
- **It depends on the heart's condition.**

2. **LAUGHING AND REJOICING WHEN SEEING THE GOODNESS OF GOD.**

- **Psalm 126:1-3** *A Song of Ascents. When the LORD brought back the captivity of Zion, We were like those who dream. ² Then our mouth was filled with laughter, And our tongue with singing. Then they said among the nations, "The LORD has done great things for them." ³ The LORD has done great things for us, And we are glad.*
- **Genesis 21:5-7** ⁵ *Now Abraham was one hundred years old when his son Isaac was born to him. ⁶ And Sarah said, "God has ^[a]made me laugh, and all who hear will laugh with me." ⁷ She also said, "Who would have said to Abraham that Sarah would nurse children? For I have borne him a son in his old age."*

3. **LAUGHING AND REJOICING SEEING THE FUTURE.**

- **Proverbs 31:25** *Strength and honor are her clothing; She shall rejoice in time to come.*
 - **The key is wisdom, hard working and preparation!**

4. **LAUGHING WHEN SEEING ENEMY IN THE TROUBLE.**

- **Psalm 2:4** *He who sits in the heavens shall laugh; The Lord shall hold them in derision*
 - **Laughing because we believe in faith that we will have victory with God!**
- **2 Samuel 23:9** *And after him was Eleazar the son of Dodo, the Ahohite, one of the three mighty men with David when they defied the Philistines who were gathered there for battle, and the men of Israel had retreated.*

QUESTION: How to have healthy body and soul? Please share.

APPLICATIONS: After listening to the sermon, what commitment will you make so that when you face challenges, your soul and body stay healthy?

Prophetic Prayer (10 minutes)

The leader of prayer invites gives courage and leads the members to pray together.

1. Great harvest and 1 million warriors.
2. Unity in Indonesia

3. God's mighty visitation and unity in Keluarga Allah Global.
4. The Senior Pastor, Ps. Obaja Tanto Setiawan, his family also other servants
5. The struggle of every congregation and the names are written on Harvest Card.

Question: From the sermon on Sunday, who has applied the Word of God into practice and experienced the grace of God during the week?

- *Members who have become doer and have experienced the grace of God are invited to share one by one.*
 - *If there is none to share their testimony or none of them has received any breakthrough though they have applied it in their daily life, then it's the "application sharing" leader and Cell Leader to testify (This is the importance of a cell leader to apply the Word of God in their life, to be the testimony for the cell member)*
- *Use the testimonies to:*
 1. *To uphold the Word.*
 2. *To show the advantage of becoming the doer of the Word.*
 3. *To know how the members can become the doer of the Word.*

To encourage all members to become the doer of the Word that all could receive the grace of God.

PLAN and TARGET (15 minutes)

Cell leader leads this section which aims to evaluate the cell group and to plan the next week's cell group.

CLOSING PRAYER (5 minutes)