

**Praise and Worship + Intercessory Prayer**

**Praise and Worship (20 minutes)**

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

1. *Defender*
2. *God, You're So Good*
3. *No Longer Slaves*
4. *Stand In Your Love*

**ICEBREAKER (10 minutes)**

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

**Title: Stop Hurting Yourself**

**Instruction:** The cell leader asks the cell members to share their experiences about being helped by God in dark times.

**Value:** Hurting ourselves won't solve our problems, God will. Cry out to Him!

**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 #2**

### **STOP HURTING YOURSELF!**

#### **I. WHEN THE SOUL IS NOT HEALED IMMEDIATELY, THERE WILL BE A TENDENCY TO SELF-HARM.**

- a. People who experience mental and mental disorders will have a tendency to **harm and hurt other people**.
  - There are people who experience pressure on their souls and make them decide to **harm themselves**.
- b. **Mark 5:1-5** *Then they came to the other side of the sea, to the country of the Gadarenes. <sup>2</sup> And when He had come out of the boat, immediately there met Him out of the tombs a man with an unclean spirit, <sup>3</sup> who had his dwelling among the tombs; and no one could bind him, not even with chains, <sup>4</sup> because he had often been bound with shackles and chains. And the chains had been pulled apart by him, and the shackles broken in pieces; neither could anyone tame him. <sup>5</sup> And always, night and day, he was in the mountains and in the tombs, **crying out and cutting himself with stones.***
  - **Self-destructive is only a pseudo-satisfaction that is not a solution at all to satisfy one's soul!**

#### **II. 3 EXAMPLES OF SELF-DESTRUCTIVE IN THE BIBLE AND THE LESSON BEHIND THESE STORIES.**

- a. **KING ZIMRI WHO COMMITTED SUICIDE BY SETTING FIRE TO HIS PALACE.**
  - **1 Kings 16:15** *In the twenty-seventh year of Asa king of Judah, Zimri had reigned in Tirzah seven days. And the people were encamped against Gibbethon, which belonged to the Philistines.*
    - **1 Kings 16:18** *And it happened, when Zimri saw that the city was taken, that he went into the citadel of the king's house and burned the king's house down upon himself with fire, and died,*
  - **In order to survive and live, we must have a strong mentality!**
    - **As long as the game isn't over, never give up!**
- b. **AHITHOPHEL, THE GREAT COUNSELOR, ENDED HIS LIFE SADLY.**
  - **2 Samuel 17:23** *Now when Ahithophel saw that his advice was not followed, he saddled a donkey, and arose and went home to his house, to his city. Then he put his household in order, and **hanged himself**, and died; and he was buried in his father's tomb.*
    - **Not everything we think and plan in this life, can be exactly what we want.**
    - **Believe that if your plan fails, then God's plan will succeed!**
- c. **JUDAS ISCARIOT IS SORRY AND CHOOSES TO KILL HIMSELF.**
  - **Before doing something, think carefully first.**
    - **Regretting, changing, and getting up is the best choice for you to do.**
    - **Isaiah 43:18-19 (NKJV)** *"Do not remember the former things, nor consider the things of old. <sup>19</sup> Behold, I will do a new thing, now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert.*

### III. 3 STEPS TO STOP SELF-HARM.

**Isaiah 43:1-4** *But now, thus says **THE LORD, WHO CREATED YOU**, O Jacob, and **HE WHO FORMED YOU**, O Israel: "**FEAR NOT, FOR I HAVE REDEEMED YOU; I HAVE CALLED YOU BY YOUR NAME; YOU ARE MINE.** <sup>2</sup> **When you pass through the waters, I WILL BE WITH YOU;** And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you. <sup>3</sup> **For I am the Lord your God, he Holy One of Israel, your Savior; I gave Egypt for your ransom, Ethiopia and Seba in your place.** <sup>4</sup> **SINCE YOU WERE PRECIOUS IN MY SIGHT, YOU HAVE BEEN HONORED, AND I HAVE LOVED YOU;** therefore I will give men for you, And people for your life.*

1. **BE AWARE THAT FOR GOD, YOU ARE VERY PRECIOUS.**
  - **We are so precious to Jesus; He is not willing if we hurt and harm ourselves.**
2. **BE AWARE THAT JESUS LOVES AND CARES FOR YOU.**
  - **No matter how broken and damaged your life is, Jesus cares and still loves you.**
3. **BE AWARE THAT TOGETHER WITH JESUS, WE CAN GET THROUGH EVERYTHING.**
  - **God is with us both through water and even through fire!**

**QUESTIONS:** Have you ever had experience to love the blessing instead of the source of the blessing? What happened to you? Please share.

**APPLICATIONS:** After you listened to the Word of God this week, what will you do to have a pleasing life and get the blessing of God and enter into the covenant of God?

Pernahkah terlintas untuk menyakiti diri sendiri saat Anda alami masalah? Mengapa? Sharingkanlah

APLIKASI :

Setelah mendengar kebenaran Firman Tuhan minggu ini, maka Langkah dan Komitmen apa yang akan Anda lakukan agar TIDAK MENYAKITI

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DIRI SENDIRI?

### **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)**