

Praise and Worship + Intercessory Prayer

Praise and Worship (20 minutes)

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

1. *Glorious Days*
2. *I Thank God*
3. *Joy*
4. *God, You're So Good*

ICEBREAKER (10 minutes)

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

Title: Happy Soul, Happy Healthy

Instruction: The cell leader asks the cell members to share their experiences about having a healthy and happy soul.

Value: Being content is one of the keys to have a healthy soul.

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 #3

HAPPY SOUL, HEALTHY SOUL

I. THE KEY TO A HEALTHY SOUL IS TO BE HAPPY AND JOYFUL

- a. **Proverbs 17:22** *A merry heart does good, like medicine, But a broken spirit dries the bones.*
 - **Develop a joyful heart!**
 - **Every aspect of our life will be productive and beautiful when we are joyful**
- b. **How to stay joyful during times of challenges, problems and darkness?**

II. CONTENTMENT IS THE ULTIMATE RECIPE OF A HAPPY LIFE AND SOUL

- a. **Philippians 4:11-12** *Not that I speak in regard to need, **FOR I HAVE LEARNED IN WHATEVER STATE I AM, to be content: 12 I know how to be abased, and I know how to abound. EVERYWHERE AND IN ALL THINGS I HAVE LEARNED BOTH TO BE FULL AND TO BE HUNGRY, BOTH TO ABOUND AND TO SUFFER NEED.***
- b. **4 effects of endless dissatisfaction**
 1. **A tiring life!**
 2. **More consumptive!**
 3. **Anxieties!**
 4. **Conflicts!**
- c. **Hebrews 13:5** *Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you."*

III. THE ABILITY TO BE CONTENT WILL STABILIZE AND KEEP OUR SOUL HEALTHY.

- a. **Exodus 2:15** *When Pharaoh heard of this matter, he sought to kill Moses. But Moses fled from the face of Pharaoh and dwelt in the land of Midian; and he sat down by a well.*
- **Exodus 2:20-22** *So he said to his daughters, "And where is he? Why is it that you have left the man? Call him, that he may eat bread." 21 **THEN MOSES WAS CONTENT TO LIVE WITH THE MAN**, and he gave Zipporah his daughter to Moses. 22 And she bore him a son. He called his name Gershom, for he said, "I have been a stranger in a foreign land."*
 - **Being contempt betters all aspects of our life**
- b. **HOW TO BE CONTEMPT?**
1. **STOP COMPARING**
 - **EFFECTS OF COMPARING:**
 - **ENVY**
 - **SELF PITY**
 2. **LEARN TO BE GRATEFUL FOR WHAT YOU ARE AND WHAT YOU HAVE**
 - Being grateful is agreeing and praising God's choice as the best choice. This pleases God.

QUESTION: Let's check ourselves. Are our days full of joy, stress or sorrow?

APPLICATIONS: After listening to the sermon, what commitment will you make so that you can be mentally and physically 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)