
Engage

Dear Lord, open the eyes of our hearts that we may see You in Your glory. Let us gaze upon Your beauty, Your holiness, and Your love. May every breath draw us nearer, until our souls find rest in beholding You. In Jesus' Name, Amen.





WELCOME

Welcome is the first “W” in a Cell Group (CG) session. Each person may be going through many daily situations leading up to a CG session. Hence, it is good to bring the CG with a practice of releasing the daily situations we each may be going through. CGs are encouraged to get creative about Icebreakers and/or activities that help its members to be present with one another. Here are some suggestions to shake things up a little and inject some fun and freshness into how we do this.

Suggested Icebreaker Activity/Questions

For CGs with new visitors

- Share a recent FOMO (Fear of Missing Out) vs JOMO (Joy of Missing Out) moment that you have.

For CGs with existing members

- What is one memory which comes to mind of a particular space while you were worshipping God?



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SERMON SUMMARY

Note to Word Facilitator: The sermon notes below is a summary of the sermon. You may choose to further summarize it according to the needs and context of your CG members. The goal is not just to go through it “verbatim” but to prepare well, allowing members to recall and engage the message in the best possible way.

In Spirit & Truth #2:

One Thing (*Singular Devotion in a Distracted World)

Josh Yeoh, Founder of PenHOP & Converge

Psalm 27:2-5 (NASB)

When evildoers came upon me to devour my flesh,

My adversaries and my enemies, they stumbled and fell.

If an army encamps against me,

My heart will not fear;

If war arises against me,

In spite of this I am confident.

One thing I have asked from the Lord, that I shall seek:

That I may dwell in the house of the Lord all the days of my life,

To behold the beauty of the Lord And to meditate in His temple.

For on the day of trouble He will conceal me in His tabernacle;

He will hide me in the secret place of His tent;

He will lift me up on a rock.

Introduction *Psalms 27:2-5; Philippians 3:8-10, 2 Corinthians 3:18,*

We are people with many options in life so much so that 'As the number of choices increase, we become less satisfied with the options we are given'. - The Paradox of Choice by Barry Schwartz. As such our happiness decreases with increasing options! So there is the Fear of missing out (FOMO) versus the Joy of missing out (JOMO). Thus, when only One Thing matters, everything else doesn't. One thing necessitates that there is no other thing or that everything else becomes secondary,

Like King David who was weighed down by many challenges and crises in his life, we may also face health crises, financial challenges or work issues which can shake the foundation of our life. But David knew that all will be well as long as he was in the Presence of God. What would your 'knee-jerk' be in the Presence of God?

One thing I Desire *Psalms 27:4, John 17:24*

Desire is the essential ingredient in our pursuit of intimacy with God. The heart for intimacy with God is knowing that God desires intimacy with us to **the measure that we know He desires us in the measure that we desire intimacy with Him**. Jesus desired that we would be with Him where He is.

Sovereign invitation must be met by human intention. Awakening interest is not enough until it becomes a hunger when we cannot live without more when we make radical alterations to our lifestyles in order to pursue God. David knew what God desires most – a dwelling place for God with us. Even though he did not live to achieve this, he continually sought God's heart.

You Become what You Behold *2 Corinthians 3:18, Acts 9:5, Revelations 4-5*

If the goal of discipleship is Christlikeness, and if beholding Him transforms us into His likeness, then discipleship must begin with beholding.

Beholding is to look / gaze / worship. It is an ongoing reality, moving on from one degree to another. Beholding can be both positive (e.g. leads to discipleship) and negative (e.g. warping you towards fear and anxiousness). We have to check ourselves to know what we are fixing our gaze on.

Beholding produces fascination; and fascination produces transformation.

James K. A. Smith in his book 'You are What You Love' says, *"...if you are what you love, and love is a habit, then discipleship is a rehabilitation of your loves. This means that discipleship is more a matter of reformation than of acquiring information... it is a matter of "aiming" our loves, of orienting our desires to God and*

what God desires for his creation."

Discipleship must produce delight. Do you find Jesus beautiful? Are we simply grateful to God or are we actually delighted in the beauty of Him?

Conclusion

To behold is a cry of the heart that changes everything. We have the access to behold Him because of what Jesus has done on the cross. Are you excited for who He is or only by what He can do for us?

What is the vision of your heart? What would keep you steady for the rest of your life? What would you do so that the baton would be passed down to the next generation? Do we have the passion to live our life steadfast in intimacy with God so that the next generation can see through us, our living encounter with our Living God?

Series Sum-Up

The heart of worship begins with the posture of surrender to the One who is worthy. He is the One thing; the One person. He is the King of kings and the Lord of lords. Our Creator God. He who reigns supreme and is everlastingly sovereign. He is above all. He who, alone deserves all glory.

Therefore, in all of our lives, we must learn to turn to Him first. Whether in good times of celebrations or when in bad times of heartaches and crises. Or even in the mundane moments of everyday life. It is from the break of dawn when we awake till the shadows of night when we slumber and rest. He is present in every part of our lives. Do we really know that He is here? Do you feel His presence today?

What is your response then? Is your heart humming the tunes of worship to Him? Or have you been hiding away in your own pursuit of worldly accolades? Would you pray and ask for the one thing, as King David did, that you may dwell in the house of the Lord all the days of your life, to gaze (or to behold) the beauty of the Lord and to seek Him in His temple?

Would you willingly say "no" to all other things, and say "yes" to God? Will He be your single devotion in this distracted world. Will you surrender in obedience to Him who is worthy of it all?



APPLICATION

Note to Word facilitator:

As you prepare for this session, this is a great time to pray that the Holy Spirit will guide you to use the questions efficiently. You can select, modify or entirely create your own questions, according to the needs of your CG, especially if you feel that there are too many questions than required for the allocated time. The questions below are crafted with a certain flow in mind. You could use these towards the end or insert them in between your own sermon reflection and summary.

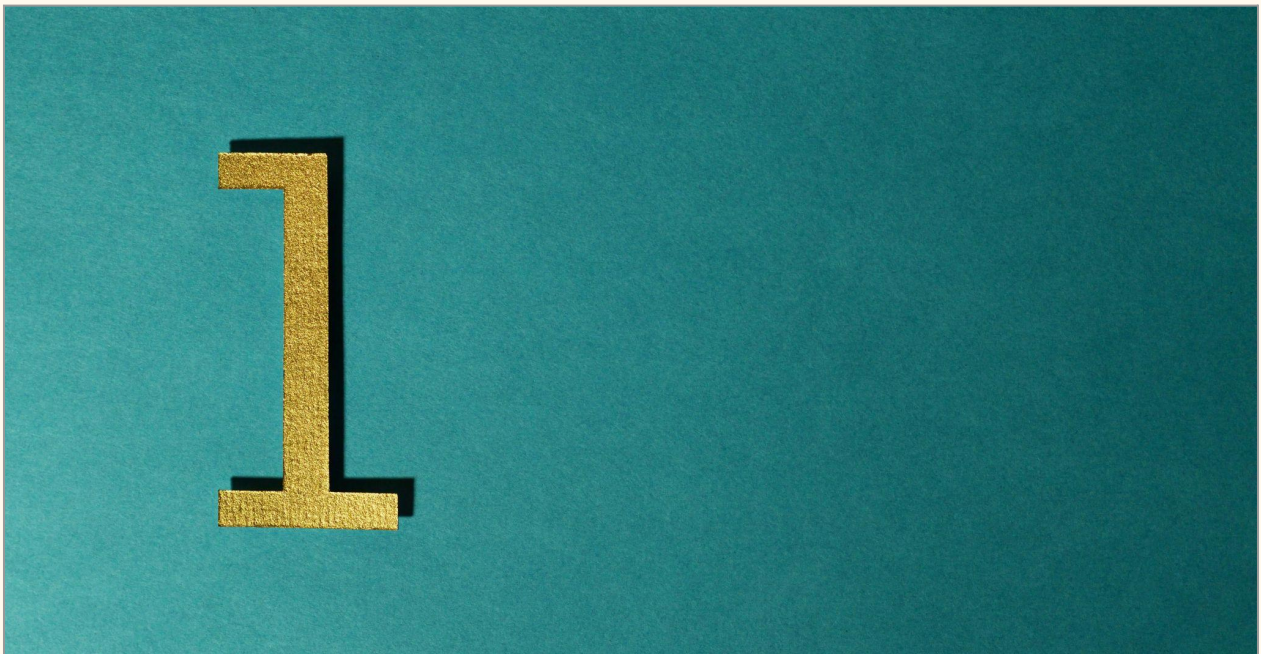


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Suggested Word Introductory Questions

- Out of the many things that are going on in your everyday life, what is that one thing that you can do less without?
- List all the things you currently desire to get. As you go through each item, ask yourself, are those things aligned to God and His Word?

Suggested Questions linked to the Sermon:

- What are the things you think you are 'beholding' lately in your life? What steps can you take to shift your gaze and "Behold Him" instead?
- Do you see yourself as just a connection of what is to come or perhaps you are the fulfillment of what your parents or grandparents have started? What is that legacy that is being / has been built? What would you do so that the baton would be passed on down to future generations?
- Gratefulness does not always translate to delight. What would be some things that you are grateful for but do not delight in? Why do you think this happens and how can you develop a delight in the things that you are grateful for?

EPL Emphasis:

A question or activity to help anchor our focus back on [E]vangelism/[P]rayer/[L]ead:

- How would you respond to God if He asks you, "Am I still your one thing"? If He is your one thing, then what would you do in regards to evangelism, prayer or leadership (discipleship)?

E P L Evangelism Prayer Leadership (Discipleship)		
• Being and doing Christ-like • Missional & Outreach	• Conversation and relationship with God • Tuning in to the heart of God	• Discipleship – journeying as a CG, Church • Growing deeper and more Christ-like



SERMON REFLECTION



Photo by Brett Sayles on Pexels

As seniors in a CG with young family members, a couple looking to start a family, a couple planning to get married and adult singles, my husband and I time and again share our life testimonies of God's amazing love and presence in our lives.

Yes, we are so thankful for our loving and caring CG members who constantly pray for one another as we seek God in all circumstances in our lives – be it health issues, challenges with children or struggles in marriage. The center of it all is to seek our loving God and to give testimonies of thanks of His faithfulness and presence with us always.

This weekend's message takes it a step further for us to realise the great need to share our intimacy with God with the younger generation, which we have been sharing to our adult children. Having devotion time for God leads into intimacy with the Holy Spirit. We now need for the young families to address this matter too so that their children will also experience intimacy with God. We have a family altar to build intimacy with God. Children church teachers and helpers have already sowed the seed of prayer in the children. May the Lord lead us, parents and leaders to grow the younger generation through sharing our lives with them.

Contributed by Michelle Chuah



MISSIONAL

Note to CGL: Inspire and encourage the Cell Group members to participate in the activity suggested below (from our CrossFields, Missions department) together to cultivate a culture of being a missional church.

CrossFields

MISSIONS CANDIDATES' PREPARATION PROGRAMME 1

A practical introduction
to missions

DATE

25 - 26 Oct 2025

(2 days 1 night stay-in training)

REGISTER HERE

tinyurl.com/mcpp1oct2025

MCPPI

Missions exists because worship doesn't.

There are still places where Jesus is not known, where His Name is not worshipped.

That is why missions is urgent, necessary, and life-changing.

God is calling you to be part of His global mission—to see every tribe, tongue, and nation worship Him.

This is your starting point.



Discover God's heart for the nations



Learn what missions is about



Equip yourself with practical tools

Wherever God leads, be ready to answer His call and play your part in His redemptive story.

Don't miss this opportunity to discover your place in His mission!



Sign up here: tinyurl.com/mcpploct2025



PRAYER

Note to CGL: You (or someone you assign this portion to), may lead by praying OR reading these prayers together as a CG during worship.

3-Day Fast & Pray

Let us come together for a 3-Day Fast and Prayer (Solemn Assembly) for 1DUMC, from 26 to 28 August 2025, as we seek the Lord for this new season of transition, visioning, and spiritual renewal.

"Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the LORD your God, and cry out to the LORD." (Joel 1:14)

A Solemn Assembly is a biblical response in times of change or crisis. A call to humble ourselves, realign our hearts, and cry out to God in repentance for His mercy, presence, and direction over our church, city, and nation.

We are calling the whole church to fast and pray together from August 26th to 28th.

Daily Leads:

- 26 Aug (Tue) – CN
- 27 Aug (Wed) – BM
- 28 Aug (Thu) – EN

For this first step, we will begin with the Chinese (CN), Bahasa Malaysia (BM), and English (EN) congregations. Other congregations will be progressively included in the next phase of united prayer.

Pray, that we, as one church, will be marked by:

- A deep hunger for God – that we will seek His face above all else.
- A repentant heart – that we will turn from sin, return to the Lord, and walk in holiness.
- A spirit of humility – to acknowledge our need and depend fully on God.
- A desire for unity – that we may be one in heart, purpose, and love.
- An expectant spirit – believing that in this season of transition and renewal, God will bring a fresh spiritual revival among us.

Let us also pray that this Solemn Assembly marks a spiritual turning point for us as a church — the first united step in corporate prayer, setting the tone for what God wants to do in and through 1DUMC in the days ahead.

Dwell in the Presence of God

One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek Him in His temple (Psalm 27:4, NIV).

Pray:

- May the presence of God give us joy and strength to take up our cross each day.
- The Lord will reveal His beauty, goodness and truth in and through us.
- With devoted hearts, we will draw near to God always.