

Participant's Worksheets



Participant's Worksheet

Session 1 – You Can Overcome

Video Presentation

Biblical Passage

Luke 22:42-44 "Father, if you are willing, take this cup from me; yet not my will, but yours be done." An angel from heaven appeared to him and strengthened him. And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground. (NIV)

I. There are seven blessings that come from the seven times Jesus shed His blood for us:

1. You Can _____.
2. You Can Be _____.
3. You Can _____ and Have _____.
4. You Can Be _____.
5. You Can Do _____.
6. You Can _____.
7. You Can Be _____.

II. How can we overcome challenges in our lives?

_____ to do the Will of God.

"Difficulties are overcome when our hearts are ready to do God's will, whatever it may be." ~ George Muller, world renowned evangelist and educator.



Group Discussion

Q1. Most of us will agree that Singapore is a stressful place to live in. What do you do when you are under stress?

Q2. In the video, the speaker said, “When you change, everything else in your life changes”. What do you think about this? Does it make sense to you? Maybe you will like to share your views on it.

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Session 2 – You Can Be Healed

Video Presentation

Isaiah 53:5 But He was pierced through for our transgressions, He was crushed for our iniquities; the chastening for our well-being fell upon Him, and by His scourging we are healed. (NASB)

Matthew 8:17 "He took our infirmities and carried our diseases." (NIV1984)

Through the blood shed from Jesus' wounded body, we can receive healing in three areas.

1. God can heal your _____.

Luke 7:22 So he replied to the messengers, "Go back and report to John what you have seen and heard: The blind receive sight, the lame walk, those who have leprosy are cured, the deaf hear, the dead are raised, and the good news is preached to the poor." (NIV1984)

2. God can heal your _____.

Ephesians 4:31-32 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (NIV1984)

3. God can heal your _____.

We also need healing in our spirit. Sickness in the spirit can manifest in the body.



Group Discussion

Q1. In this session, we learn that God can heal our body, soul and spirit. What is your view on this?

Q2. Why is it so hard to forgive people who have hurt us? How will it affect us if we do not forgive?

Participant's Worksheet

Session 3 – You Can Win and Have Success

Video Presentation

Biblical Passage

Matthew 27: 27-29 Then the governor's soldiers took Jesus into the Praetorium and gathered the whole company of soldiers around him. They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head...(NIV)

Genesis 3:17 – 19 To Adam he said, "Because you listened to your wife and ate from the tree about which I commanded you, 'You must not eat of it,' "Cursed is the ground because of you; through painful toil you will eat of it all the days of your life. It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return." (NIV1984)

We can experience three areas of blessings in our workplace.

1. In the workplace, there is s_____.

Genesis 3:18 It will produce thorns and thistles for you, and you will eat the plants of the field. (NIV1984)

Philippians 4:19 And my God will meet all your needs according to riches in Christ Jesus. (NIV1984)

2 Corinthians 9:8 And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. (NIV1984)

2. In the workplace, there is s_____.

Genesis 3:17b – 19a in sorrow and toil shall you eat [of the fruits] of it all the days of your life. Thorns also and thistles shall it bring forth for you, and you shall eat the plants of the field. In the sweat of your face shall you eat bread until you return to the ground... (AMP)

Luke 9:25 What good is it for a man to gain the whole world, and yet lose or forfeit his very self? (NIV1984)



Proverbs 10:22 The blessing of the LORD brings wealth, and he adds no trouble to it. (NIV1984)

3. In the workplace, there is s_____.

Psalm 8:5

You made him a little lower than the heavenly beings and crowned him with glory and honor. (NIV1984)

Lamentations 5:16 The crown has fallen from our head. Woe to us, for we have sinned! (NIV1984)

Group Discussion

Q1. Share some challenges and achievements you have experienced in your workplace/school.

Q2. What are some positive attitudes we need to develop so that we can win and have success in our workplace/school?

Participant's Worksheet

Session 4 – You Can Be Special

Video Presentation

Biblical Passage

Isaiah 50:6-7 I followed orders, stood there and took it while they beat me, held steady while they pulled out my beard, Didn't dodge their insults, faced them as they spit in my face. And the Master, GOD, stays right there and helps me, so I'm not disgraced. Therefore I set my face like flint, confident that I'll never regret this. (Message)

Two important truths about your dignity and identity.

1. Your dignity is found in your relationship with _____.

Genesis 3: 7 Then the eyes of both of them were opened, and they realised they were naked; so they sewed fig leaves together and made coverings for themselves. (NIV1984)

Genesis 3:11 "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" (NIV1984)

Exodus 3:10,11 So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." 11 But Moses said to God, "Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?" (NIV1984)

Exodus 3:12a "...I will be with you..." (NIV1984)

Exodus 3:14 "I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.'" (NIV1984)

In other words, God is saying, "It is not what you do. It is not about who you are. It is about who I am. Because if you know "I AM WHO I AM" then you know that " you are who I am ". If you know who I am, then you know "you are who you are."!

Galatians 3:28 There is neither Jew nor Greek, slave nor free, male nor female; for you are all one in Christ Jesus. (NIV1984)

2 Corinthians 5:17 Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! (NIV1984)



2. Your identity determines your _____.

When Moses discovered his identity in God, he moved from being a shepherd of sheep to his destiny as the deliverer of his people.

Group Discussion

Q1. What are the factors that have affected your self image and identity in your life?

Q2. What did you learn from the video about a correct self image and identity?

Participant's Worksheet

Session 5 – You Can Do Great Things

Video Presentation

Biblical Passage

John 8:34 Jesus replied, "I tell you the truth, everyone who sins is a slave to sin." (NIV1984)

John 8:31b - 32 Jesus said, ..."Then you will know the truth, and the truth will set you free." (NIV1984)

2 Corinthians 5:21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. (NIV1984)

Exodus 15:6 "Your right hand, O LORD, was majestic in power. Your right hand, O LORD, shattered the enemy." (NIV1984)

Psalms 17:7 Show the wonder of your great love, you who save by your right hand those who take refuge in you from their foes. (NIV1984)

You can do great things for God in two ways:

1. You can do great things for _____.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (NIV1984)

2. You can do great things for _____ in serving God.

John 14:12 I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. (NIV1984)



Group Discussion

Q1. What were some great things that people have accomplished that impressed you?

Q2. What are some things you would like to do for yourself and others?

Participant's Worksheet

Session 6 – You Can Dream

Video Presentation

Biblical Passage

Luke 19:10, "For the Son of Man came to seek and to save what was lost." (NIV1984)

Three truths that will set us free to dream the dream that will fulfill the purpose of our lives.

1. **Our dream is not found in _____.**

Matthew 16:25 Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. (MSG)

Ephesians 2:8-10 For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God— not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. (NIV1984)

2. **God has a great dream for _____.**

Ephesians 1:11 It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone. (MSG)

3. **God's dream will be realised in you through _____.**

Philippians 2:13 for it is God who works in you to will and to act according to his good purpose. (NIV1984)

Psalms 40:2 He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. (NIV1984)

Psalms 121:3 He will not let your foot slip — he who watches over you will not slumber. (NIV1984)



Group Discussion

Q1. What was your childhood dream about your future? Share how it turned out for you.

Q2. As you realise that God loves you deeply and has a purpose for your life, what changes would you make to your present lifestyle?

Participant's Worksheet

Session 7 – You Can Be Happy

Video Presentation

Biblical Passage

Prov 14:12 There is a way that seems right to a man, but in the end it leads to death. (NIV1984)

1. Wrong Sources of Happiness

- a. Money
- b. Success
- c. Fun
- d. Relationships

2. Happiness begins with God. He wants to give you a new heart.

Matt 5:8 Blessed are the pure in heart, for they will see God. (NIV1984)

Blessed = happy

2 Corinthians 5:21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. (NIV1984)

Psalms 34:18 The LORD is closed to the brokenhearted and saves those who are crushed in spirit. (NIV1984)

Psalms 34:18 If your heart is broken, you'll find GOD right there; if you're kicked in the gut, he'll help you catch your breath. (MSG)

Psalms 147:3 He heals the brokenhearted and binds up their wounds. (NIV1984)

Isaiah 61:1 The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners..." (NIV1984)

Isaiah 53:3a He was despised and rejected by men, a man of sorrows, and familiar with suffering. (NIV1984)



Ezekiel 36:26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. (NIV1984)

Group Discussion

Q1. In the video, the speaker shared that many people seek happiness from wrong sources. Can you list these wrong sources?

Q2. Does it mean that having money, success, fun or relationships are bad? If not, what does it mean? Encourage participants to share examples of people they know or read (eg movie stars, businessmen, friends, etc) that have depended on these wrong sources for true happiness and ultimately do not grant them happiness?

Q3. How can one be truly happy according to the bible?
