



CELL GROUP MATERIAL

29 MARCH 2026

29 MAR SERMON

Nothing is the Problem

BROTHER BENJAMIN MATHEW

Icebreaker Question: Share a time when you felt physically exhausted but pushing through actually gave you more energy than stopping would have. What did you learn from that experience?

Sermon Summary

This sermon challenges the common response to spiritual weariness - doing nothing.

Bro Ben emphasizes two meanings of "nothing is the problem":

(1) No problem is too big for God, and

(2) Doing nothing when we're tired is precisely what keeps us weak.

True biblical rest isn't passive withdrawal but active engagement with God - carrying His yoke alongside Him, waiting on Him through worship and prayer, and continuing to move forward in faith.

Key Scripture Passages

- Isaiah 43:19 - "I am doing a new thing"
 - Isaiah 40:31 - "Those who wait on the Lord will renew their strength"
 - Matthew 11:28-30 - "Come to me...take my yoke upon you"
 - Acts 2:1-4 - The disciples tarrying in the upper room
 - Numbers 32:6 - "Shall your brethren go to war while you sit here?"
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Discussion Questions

Understanding God's Power

1. Which of the scripture promises mentioned at the beginning of the sermon (Luke 1:37, Philippians 4:19, Ephesians 3:20, etc.) speaks most powerfully to your current situation? Why?
2. Share a testimony of a time when God proved that "nothing is impossible" in your life or someone you know.
3. What "problems" in your life right now feel too big? How does today's message challenge your perspective on those situations?

The Trap of doing nothing

4. Bro Ben said, "Some of us think that when we're tired and weary, stepping down or taking a break from ministry is going to help us." Have you ever felt this way? What was the outcome?
5. How do you typically respond when you feel spiritually, emotionally, or physically exhausted? Is your first instinct to withdraw or to press in closer to God?
6. Discuss the difference between "I'm tired, so I need to stop" versus "I'm tired, so I need to wait on the Lord." How does this distinction change our approach to weariness?
7. The sermon mentioned that "doing nothing in the presence of God and expecting Him to move is precisely the problem." What does this look like practically in someone's life?

True Biblical Rest

8. Read Matthew 11:28-30 together. What does it mean to "take Jesus' yoke upon you"? How is this different from simply resting passively?
9. Bro Ben illustrated that carrying Jesus' yoke means walking alongside Him, not sitting down. What are some practical ways we can "carry His yoke" in our daily lives?
10. Discuss the concept of *Qavah* (Hebrew for "wait") - an active, hopeful anticipation. What does active waiting look like in:
 - Your prayer life?
 - Your worship?
 - Your service to others?
 - Your personal challenges?
11. How does the Sabbath principle apply here? Bro Ben said it's not a "do-nothing day" but a "give God your everything day." How can we better honour this principle?

Moving Forward

12. Read Numbers 32:6: "Shall your brethren go to war while you sit here?" Who in your life might be fighting a spiritual battle right now while you've been sitting on the sidelines? How can you stand with them?
13. The sermon mentioned that "your breakthrough isn't defined by how long you wait, but what you do while you wait." What should you be doing while waiting for your breakthrough?

14. The paralyzed man at Bethesda had been waiting 38 years. When Jesus healed him, the religious leaders told him to stop walking and put down his bed. What "voices" in your life are telling you to stop moving forward with God?
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Personal Reflection

Take a few minutes of silence for individual reflection. Consider journaling responses.

- In what area of my life have I been "doing nothing" and expecting God to move?
 - Where have I been sitting in comfort when God is calling me to walk with Him?
 - What does "active waiting" need to look like for me this week?
 - Am I carrying any burdens alone that I should be sharing with Jesus?
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Key Takeaways

Remember These Truths:

1. Nothing is impossible with God - No problem is too big for Him
 2. Doing nothing is the problem - Passivity keeps us weak and weary
 3. True rest is active** - It means walking alongside Jesus, carrying His yoke with Him
 4. Waiting on God means pursuing God** - Through worship, prayer, and obedience
 5. Your breakthrough depends on what you do while you wait** - Not how long you wait
 6. The church needs you in the battle** - Don't sit down while your brothers and sisters fight
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Practical Applications

This Week, I Will:

Choose 2-3 actions to commit to:

- Instead of withdrawing when tired, I will spend 15 minutes in worship/prayer daily
- Identify one ministry or service area where I've "sat down" and recommit to it
- Reach out to someone who may be fighting a spiritual battle and pray with them
- When feeling weary, I will declare Scripture promises over my situation

- Practice "active waiting" by maintaining my spiritual disciplines even when I don't "feel like it"
 - Attend cell group/church consistently rather than taking a "break"
 - Share my testimony of God's faithfulness with someone this week
 - If I haven't been baptized in Jesus' name or filled with the Holy Spirit, take that step
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Group Accountability:

Partner with someone in the group this week:

- Share your specific area of weariness
 - Commit to checking in mid-week
 - Pray for each other's strength to keep "walking with Jesus"
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Closing Prayer

Leader or volunteer prays

"Lord, we thank You that nothing is impossible with You. Forgive us for the times we've responded to weariness by doing nothing. Help us to understand that true rest comes from walking alongside You, carrying Your yoke together with You. Renew our strength as we wait on You—not passively, but actively through worship, prayer, and obedience. Give us the courage to stand with our brothers and sisters in battle. Help us to run this race with endurance, keeping our eyes fixed on You. In Jesus' mighty name, Amen."

For Next Week

- Memorize: Isaiah 40:31 - "But those who wait on the Lord will renew their strength; they will soar on wings like eagles; they will run and not grow weary, they will walk and not faint."
 - Testimony Time: Be prepared to share how God met you when you chose to actively wait on Him this week
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Additional Resources

- Read: Hebrews 12:1-3 (Running the race with endurance)
- Study: The concept of Sabbath rest in Hebrews 4
- Reflect: What does it mean that "His yoke is easy and His burden is light"?