



CELL GROUP MATERIAL

20 SEPTEMBER 2026

20 SEPTEMBER SERMON

The Blessing of the Limp

BROTHER HENG WAI KEONG

Based on Genesis 32:22-32

Overview

This week's sermon explored the night Jacob wrestled with God at the ford of Jabbok. Through that encounter, God did not destroy Jacob's self-reliance with an argument or a rebuke. He dismantled it with a touch. Jacob entered the night as an anxious schemer and walked out as Israel, a prince of God, limping and leaning entirely on the grace of God.

Key Takeaways

- Self-reliance breeds anxiety. When we trust our own schemes more than God's promises, we carry burdens we were never meant to carry.
 - God often brings us to a place of isolation where our cleverness runs out, not to punish us, but to deliver us from ourselves.
 - In God's kingdom, brokenness is the vehicle for breakthrough.
 - Wrestling with God in honest prayer is not rebellion. It is the pathway to true intimacy.
 - God cannot bless the mask you are wearing. He only blesses the real you when you surrender.
 - The limp Jacob had for the rest of his life was not a punishment. It was a permanent reminder that he could no longer walk ahead of God.
 - The more you allow God to dismantle your self-will, the more you will see your destiny unfolding.
-

Opening Question

Think of a time when you tried very hard to control the outcome of a situation, only to find that things did not go as planned. Without going into too much detail, what did that experience feel like?

Discussion Questions

Section 1: The Trap of Self-Engineering

1. The sermon described Jacob as someone who trusted God but trusted himself more. In what areas of your own life do you find yourself doing the same thing, praying for God's help while still holding tightly to the steering wheel?
2. The preacher said, "Self-reliance breeds anxiety." Do you agree with that? How have you seen that play out in your own life or in the lives of people around you?
3. Jacob had received a genuine promise from God at Bethel (Genesis 28:13-15), yet he still defaulted to manipulation and scheming. Why do you think it is so difficult to rest in God's promises even after we have experienced His faithfulness?

Section 2: The Holy Wrestling Match

4. The sermon pointed out that God ambushed Jacob. Jacob did not initiate the encounter. Has there ever been a season in your life where you felt like God cornered you, not to harm you, but to deal with something in you? What was that like?
5. The word for "wrestle" in Hebrew, used only once in the entire Old Testament, means to roll in the dust. God brought Jacob to Jabbok to reduce this self-made man back to raw dust so He could remake him. What does it mean to you personally to be "remade" by God? Is that a comforting thought or an uncomfortable one, and why?
6. Bro Wai used the image of a parent restraining a child throwing a tantrum in a parking lot. The child thinks the parent is the enemy, but the parent is actually protecting the child from oncoming traffic. Have you ever looked back on a painful season and realized that what felt like an attack was actually God's protection or correction? What changed in your perspective?

Section 3: The Blessing of the Limp

7. When God touched Jacob's hip, He did not touch his mind or his hands. He touched the very thing that had carried Jacob through life. The sermon asked: what is God wrestling out of your hand right now? Take a moment to sit with that question. Is there something you are holding onto that God may be asking you to release?
8. The sermon mentioned that Paul had a thorn in the flesh, and that God's response was that His grace was sufficient. In 2 Corinthians 12, Paul describes how that

limitation actually became the condition for God's power to rest on him. How do you personally relate to the idea that a weakness or limitation could be a gift rather than a setback?

Section 4: A New Name and True Surrender

10. When Jacob finally confessed who he was, "I am Jacob," meaning the deceiver and the manipulator, God revealed who Jacob truly was in the spirit. The sermon said, "God cannot bless the mask you are wearing. He only blesses the real you when you surrender." What mask, if any, do you find yourself wearing before God or before others in this season?
11. Bro Wai challenged us to stop asking God "why" and to start asking "what are you trying to teach me through this?" How does shifting that question change the posture of your heart in a difficult season?
12. Hebrews 11:21 remembers Jacob not for his cunning or his strength, but for the image of an old man dying while leaning on his staff. That limp stayed with him until his final breath. What do you want the defining image of your own faith to be? What would it look like for you to finish your race leaning entirely on God?

Practical Applications

Choose one or more of the following to practice individually or as a group this week.

- 1. Identify Your Steering Wheel** Take 15 minutes in a quiet place this week and write down one area of your life where you are still holding the steering wheel tightly. Name it honestly before God. Then write a simple prayer surrendering that specific area to Him.
- 2. Change Your Question** The next time you are tempted to ask God "why" in a difficult situation, deliberately replace it with "what are you trying to teach me through this?" or "what is my mission through this?" Keep a note of what comes to mind when you ask it differently.
- 3. Pray Until You Are Blessed** Jacob said, "I will not let you go unless you bless me." Set aside extended time in prayer this week, not a quick prayer before a meal, but a sustained, honest conversation with God. Bring your real situation, your real fears, and your real self. Stay until you sense a shift in your heart.
- 4. Welcome the Limp** If you are carrying a limitation, a weakness, a setback, or a disappointment right now, write it down and then write the words "mark of grace" next to

it. Ask God to help you see it the way He sees it, not as a punishment, but as a reminder that you cannot walk ahead of Him.

5. Pray for One Another Before your cell closes, take time to pray specifically for each person in the room. Ask each member to share one area where they are wrestling. Then pray together, holding one another up the way Jacob clung to God, refusing to let go until there is a blessing.

Closing Reflection

The sermon closed with this prayer. Read it aloud together as a group or use it as a closing prayer.

"Jesus, forgive us for trying to write our own story through anxious striving. Meet us by our Jabbok. Touch the places where we still trust our own strength. Give us the grace to let go, the courage to confess who we truly are, and the faith to walk forward, even if it is on a limb, leaning entirely on You, Your Word, and Your Holy Spirit. In the name of Jesus. Amen."

Memory Verse for the Week

Genesis 32:26

Jacob's declaration to the one he wrestled with: a refusal to release his hold until a blessing was given. Let that posture mark your prayer life this week. Do not let go until God has changed your heart.
