

This Weeks Scripture Focus – 1 Samuel 30:1-20

All these components should be present at a normal cell meeting. Some nights you may not get to everything, but each of these should be present at least 75% of the time (e.g. once/month you might not get to the Vision time and so on). The components do not need to be in this order necessarily, except that generally you ought to begin with a welcoming time, and end with a vision time (close the meeting with an *outward focus*).

Please note the time constraints for each part of the meeting!

WELCOME (15 minutes):

The purpose of this time is to “check in” and share life with one another. Typically you can simply go around the group and have everyone share a high and a low of the week. Sometimes, if a deep struggle is shared by someone, you may want to go directly from this time into prayer for the person. Also, if you have guests, you may opt to just do a fun icebreaker for this portion of the meeting instead.

Gathering Question: Check in and share a high and/or a low from your week.

WORSHIP (10 minutes):

The purpose of this time is to invite the presence of Jesus into your gathering. You may want to begin this time by lighting a candle as a symbol that you are inviting the real presence of Jesus, the Light of the World, into the midst of your group and then to play or sing a worship song or two. If you just play a song, invite everyone to close their eyes and reflect on the words and/or focus on Jesus. Afterward, have someone pray a prayer acknowledging the presence of Jesus in your midst and asking Him to guide the rest of your meeting time. An example prayer is listed below, but feel free to use your own words.

Prayer: “Lord Jesus, we welcome you here. We love you Lord and we ask you to speak to us during our time together. Speak to us through your Word and by your Spirit. We trust you and we submit our lives to you. Thank you for your passionate love for us. Help us to grow to know you better. Amen.”

WORD (20 minutes):

The purpose of this time is not for Bible *study* but Bible *application*. Also we want to be learning to discern the voice of the Spirit coming to us in “real time” through the written Word. Each week a Scripture passage will be listed below. The following are two ideas for how to facilitate the Word time.

- **Option One:** Simply read the passage and then ask three questions. What questions do you have about this passage? What jumped out at you from the passage or left an impression? How does Jesus want us to apply this passage to our lives this week?
- **Option Two:** Use the lectio divina method – see example here: www.ohcgh.com/lectio.

Scripture: 1 Samuel 30:1-20 (I would recommend just reading just the first six verses, whether you use option 1 or 2 above. Allow the discussion to land on that phrase, “But David strengthened himself in the Lord his God.” Discuss what

that means. Encourage group members to share if they've had such an experience as David here – i.e. with everything going wrong, finding strength in the Lord, when there seemed no solution, no way out.

After discussion, then you can go ahead and read what happened next, 1 Samuel 30:7-20, and how God led David to victory in this particular circumstance.

PRAYER (10 minutes):

The purpose of this time is to minister to one another through the power of prayer. Break up into groups of 3 or 4 and take turns sharing personal prayer needs and praying for one another. If a person does not have any prayer needs to share, you can still gather around them and pray simple prayers of blessing or ask God to direct you in how to pray for them. Especially if you have guests, make sure everyone knows that they do not have to pray if they are not comfortable doing so. Sometimes we will facilitate special directed prayer during this time. If so, instructions will be listed below.

Prayer Focus: Let's pray that God would teach us at OHC to draw our strength from the Lord, regardless of the circumstances.

VISION (5 minutes):

The purpose of this time is to remind the group of our core values and vision as a church and as a cell group and to also help keep an outward focus for the group. Each week a different vision component will be listed below. Sometimes this will come in the form of something you can read at the end of your gathering. Other times a link to a web video may be supplied which you can watch together as you close out your meeting time.

Vision Focus:

As we start a new series next week Sunday mornings going through the book of Ephesians, this can be an easy way to invite someone to church that you've been wanting to ask, or that you've asked before and want to try again. You can say something like, "Hey, our pastor is about to start a new teaching series. Might be a good time for you to come give our church a try...". Also, remind your group members to be looking out for new people Sunday mornings and building relationships with them.