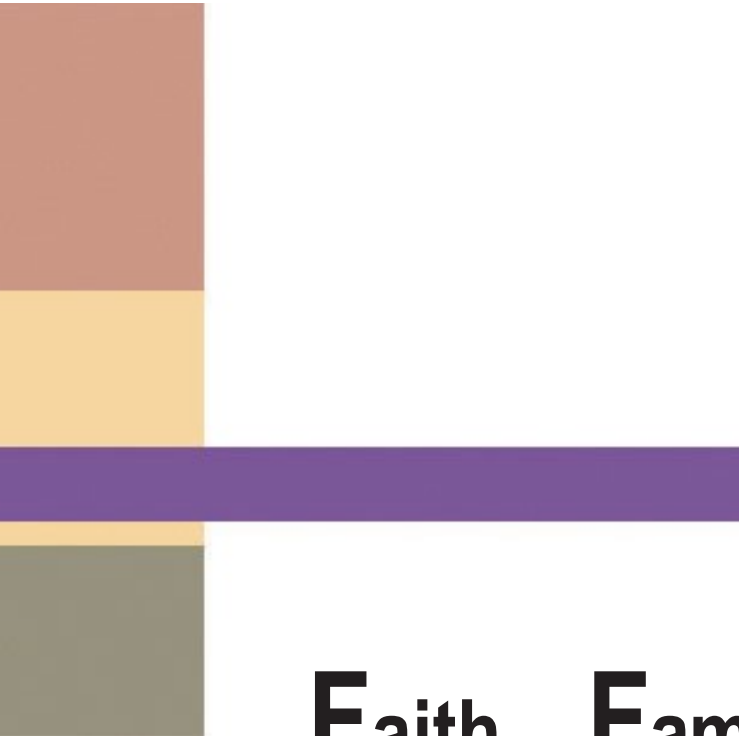




Faith, Family & Friends

Ministry Guidelines for New Groups





<http://fffcellgroup.org>



Cell-Group Bible Study Guidelines

Guiding Verse

The Lord's prayer

This, then, is how you should pray:

'Our Father in heaven:

May your holy name be honored;

may your Kingdom come;

*may your will be done on earth as it is
in heaven.*

Give us today the food we need

Forgive us the wrongs we have done,

*as we forgive the wrongs that others
have done to us.*

Do not bring us to hard testing,

but keep us safe from the Evil One.'

Matthew 6:9-13 (GNT)



Prayer & Confession Verse



*Confess your faults to one another and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man accomplishes much. **James 5:16 (MEV)***

Confession leads to forgiveness and the healing of our lives.

Encouragement Verse



Let us firmly hold the profession of our faith without wavering, for He who promised is faithful. And let us consider how to spur one another to love and to good works.

Let us not forsake the assembling of ourselves together, as is the manner of some, but let us exhort one another, especially as you see the Day approaching. **Hebrews 10:23-25 (MEV)**

As Christ followers please offer encouraging words of inspiration and strength to your prayer partners as you cope with life's challenges.

The Pillars of Our Faith

(James 5:16, Hebrew 10:23-25)



Our Commitment

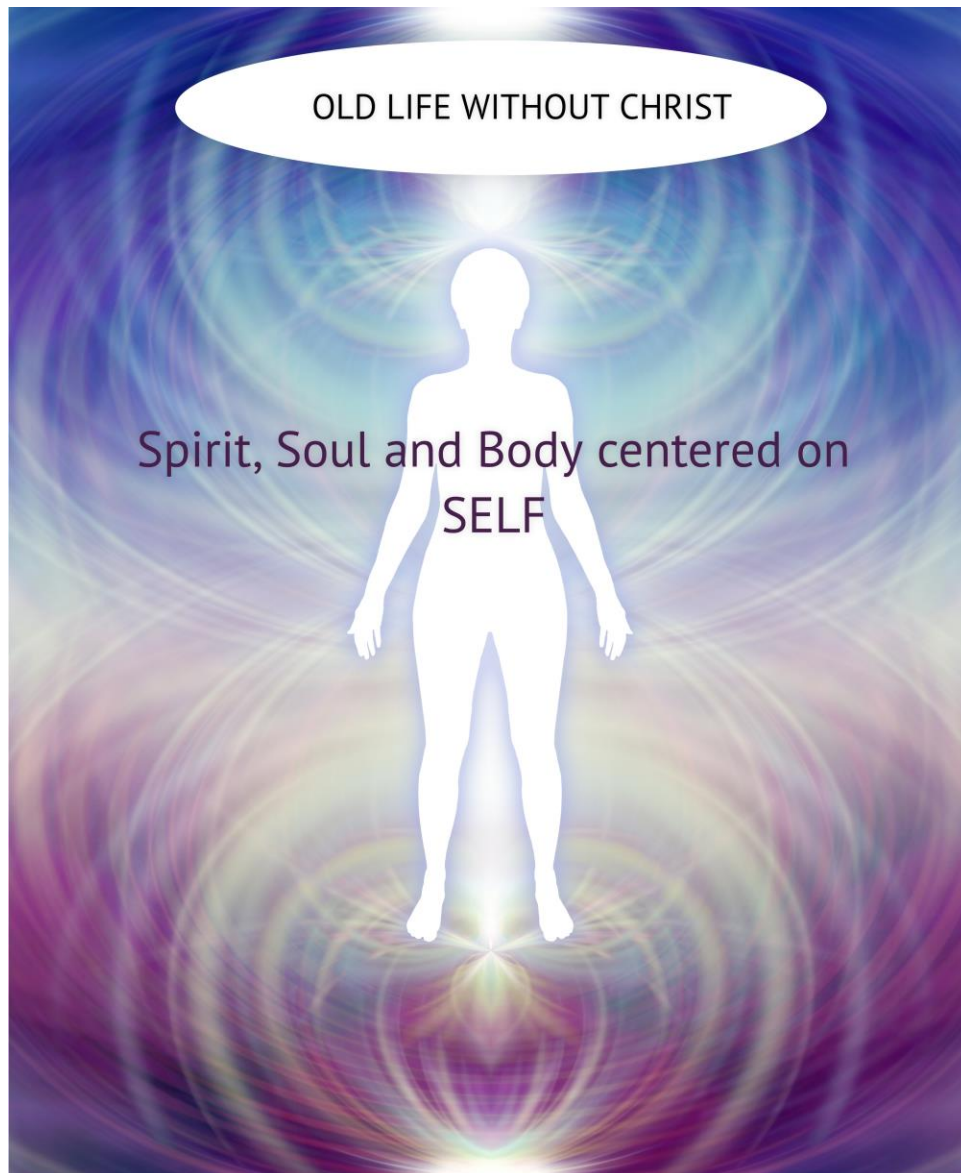
1 Corinthians 14:33 (NIV)

“For God is not a God of disorder but of peace—as in all the congregations of the Lord’s people”.



To help you Discover and Experience God’s Awesome Love and Nature, it is important to establish healthy boundaries for the group to operate within. These guidelines will help create an environment that is safe for transparency, vulnerability, accountability, and growing closer in your personal relationship (vertically) with God and (horizontally) with each other. The cross of Jesus Christ is a simple reminder for this kind of relationship/s.

Christianity as a way of Life is about learning and adopting our life, mind and heart into the disciplines of Jesus Christ (disciplined life or discipleship). We recommend you discuss these guidelines during the first session in order to lay the foundation for a healthy group/community.



Commitments: In our effort to develop Faithful Stewardship of what is entrusted to us and our group by God Almighty, we will abide to the following individually and collectively:

Our Group exists for this **Purpose:**

To grow our personal healthy Christian Lifestyle and help build a healthy small group community (Matthew 28:19-20 and 1 Corinthians 10:31)

Our specific **Goal/s – Faith into Action:**

What we will learn in our walk of Faith in God Almighty - we will put into Action in our personal lives and through our community project/s (James 1:22, Luke 4:18-19)

We will meet on _____ day of the week

We will meet at (start time) _____ to (end time) _____

We will meet weekly at _____ place and or rotate where we meet.

Refreshments and Childcare: _____



Other Group **commitments** we choose to live by

1. Safe, Open, and Respectful – we are committed to create an environment where each one is can be open, real and honest with our challenges and victories. We will treat each other with respect at all times, especially in times of disagreement or conflict.
2. Attendance - we agree to give priority to the group and to be on time to respect others.
3. Confidentiality – we agree to keep anything that is shared strictly confidential and within the group.
4. Participation – we agree to commit to the assigned topic/readings and community project/s during the next _____ weeks of study. We agree to encourage, support, strengthen, love, challenge, when appropriate to be admonished, and stand behind one another choosing to see our selves linked together (teamwork). We will participate while being careful not to dominate. We agree to help one another and be available to one another outside of group meetings.
5. Listen – we agree to value each other during discussions by attentively listening to what is being shared and avoid thinking about how we are going to respond or what we are going to say next.

6. Pause – we will allow pause in conversation after someone shares giving that person a chance to finish and the group - the opportunity to consider what was just shared before responding.
7. Silence – it is important that we allow silence to linger in the group as it provides an opportunity for the person to share and for a group member to process the topic/question being considered.
8. No Cross Talk – we will be considerate of others as they are sharing. No side talking and let the group to be involved in just one conversation.
9. No Fixing and Rescuing – we are not here to fix each other and solve each other. Jesus does that part. We will instead give encouragement, speak truth, point to Jesus and ground our selves in prayers and the words of God for every challenge we will encounter - personally and as a group. When someone is sharing something deeply personal, we may try to make the person feel better about themselves or the situation by providing immediate condolences. This will often cause them to stop sharing. We will resist the temptation to rescue people.
10. Sharing – we will be sensitive about sharing time with these in mind:
 - A**ccurate and share only those that you receive from praying to God
 - B**rief- three minutes time of sharing to give chance to others
 - C**hrist centered and not self centered
 - D**o not preach but just share a blessing
11. Shared Ownership – we agree that each member is a minister and we will encourage each other to share a small group role in order to serve another in love. We will reach out and invite others to join us and work toward multiplication of our group to form new groups to help spread the gospel of Jesus Christ.
12. Self-Awareness and Conflict Resolutions – to be aware how personally we are affecting our environment through our words, actions and non-verbal communications. We will try to use I statements rather than “them”, “us”, etc (personal responsibility or accountability). We agree to resolve conflict biblically by honoring God and each other in dealing the issues using these verses as our guide: (Matthew 18:15-20, Colossians 3:12-13, Matthew 5:23-24, Matthew 7:1-5)

Galatians 5:22-25 (MEV)
22 But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, 23 meekness, and self-control; against such there is no law. 24 Those who are Christ's have crucified the flesh with its passions and lusts. 25 If we live in the Spirit, let us also walk in the Spirit.

- 9

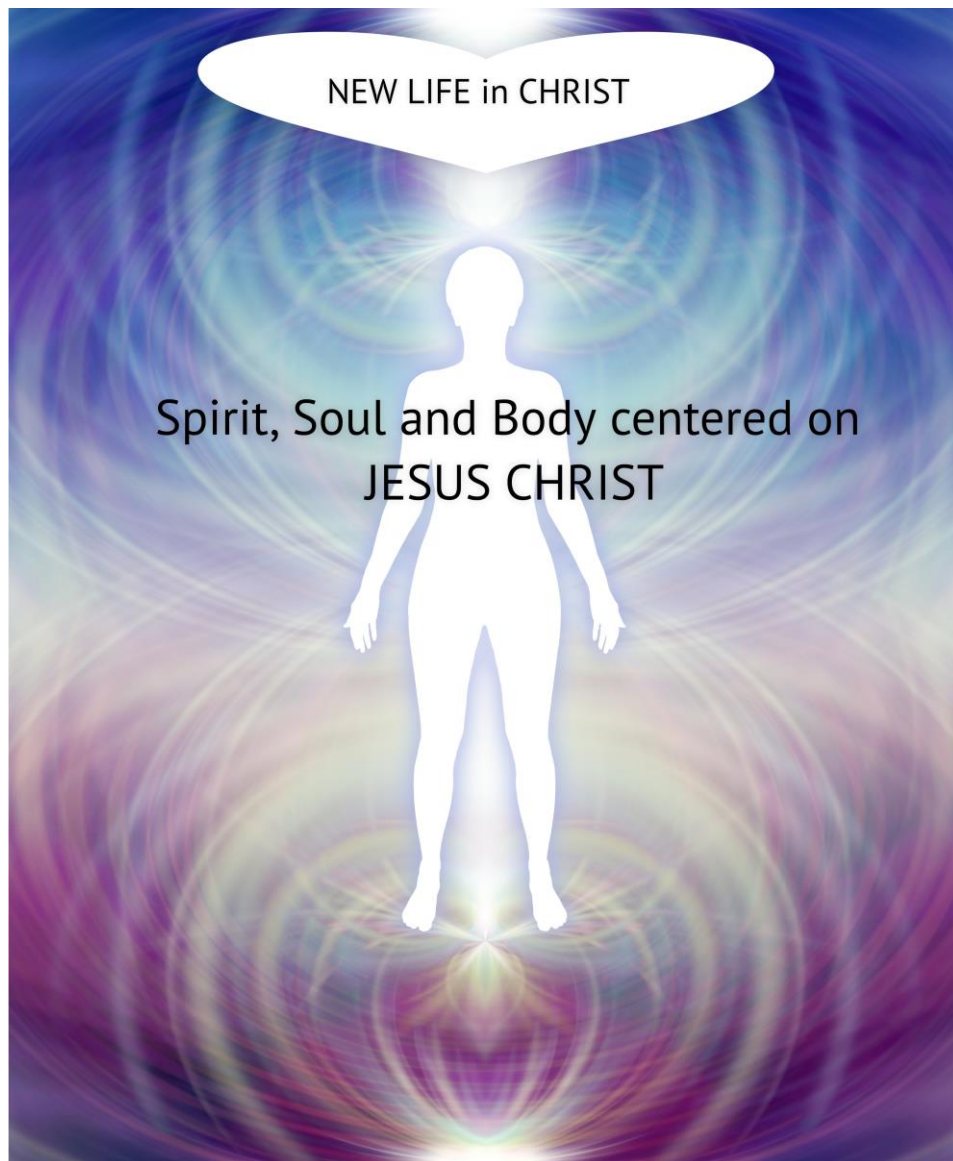
6. Spirit of GOODNESS (Galatians 6:10) As I/we have the opportunity, let me/us do good
7. Spirit of FAITHFULNESS (Proverbs 28:20) As your Faithful child of God I shall abound with blessings
8. Spirit of GENTLENESS (Philippians 4:5) Let my Gentleness from you be evident to all

All of these I/We ask in Jesus most precious Name, Amen!

Todays Date/ Full Name/ Initials /Email Address	Cell phone number
1	
2	
3	
4	
5	
6	
7	

8	
9	
10	
11	
12	
GROUP notes:	

Frequently Asked Questions



1. Why Faith, Family & Friends Ministry?

Family is the very basic structure of our society. We have to pray daily and make an effort to help heal our family and the families around us. Faith Family & Friends Ministry is a family and community building outreach project of thegoldrose.org



2. How many people are in a cell group?

The cell groups should be comprised of five to seven people including the leader, and should not exceed twelve people. It is harder to keep your bond together if there are more than twelve members.

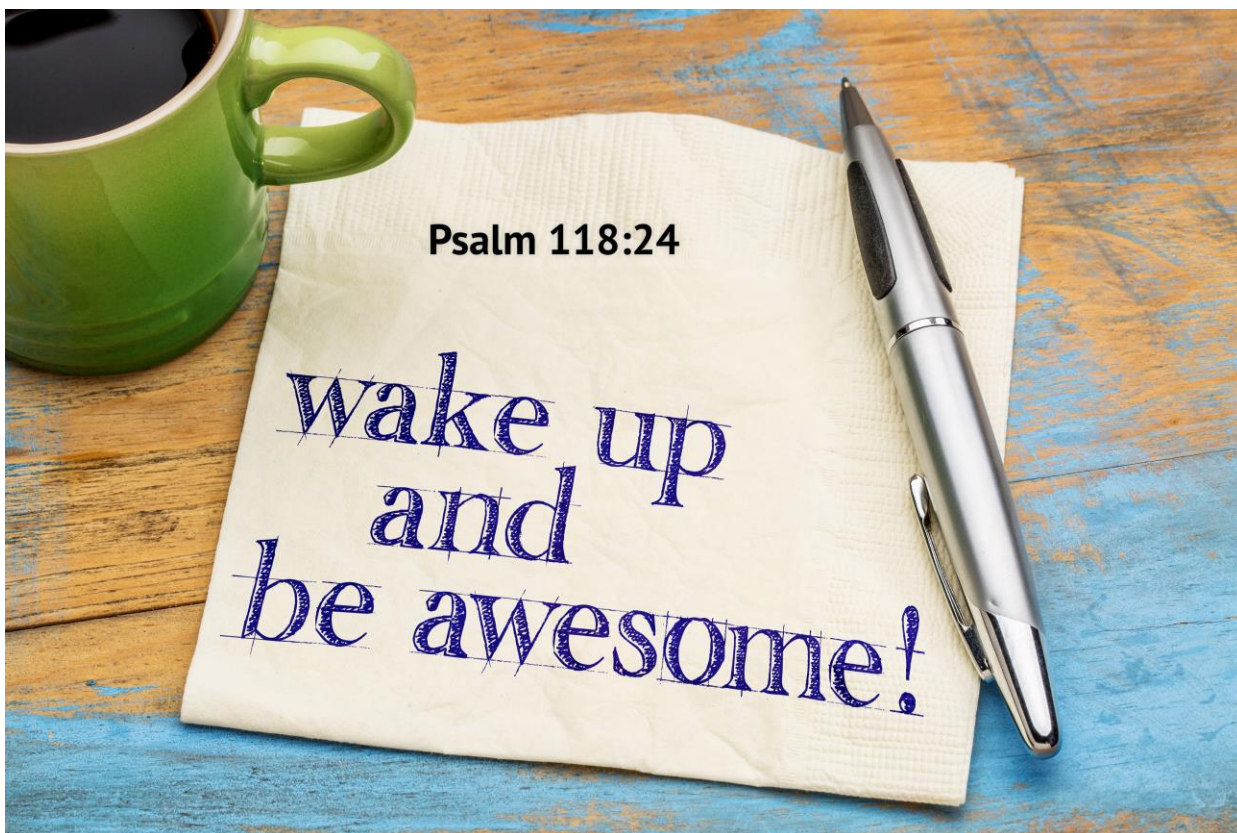
Preferably husband-and-wife couples will attend cell/prayer meetings together.

3. Why is it important for us to develop our spiritual lives?

As human beings, we are tripartite in nature--a spirit, a soul, and a physical body (1 Thessalonians 5:23). Our physical lives on earth are only a preparation for what we are going to do after we die, which is eternity. The bible clearly indicates that eternity is heaven or hell. Since our final destiny is eternity, it is important for us to take care of our spiritual lives, as important as it is to take care of our minds and our bodies. Our spiritual lives drive the rest of our lives.



A Christian life is spiritual warfare first and foremost. It is therefore of utmost importance to develop a strong prayer life. More information on this at thegoldrose.org



For our fight is not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, and against spiritual forces of evil in the heavenly places.

Ephesians 6:12 (MEV)

4. The Bible is a Covenant document. What is the significance of having a Covenant relationship with God?

From OxfordDictionary.com, the word *covenant* means *contract, agreement, undertaking, commitment, guarantee, warrant, pledge, promise, or bond*.

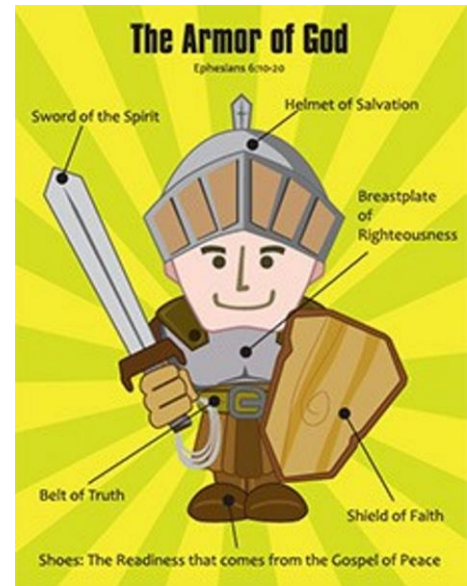
A covenant is a contract or agreement between two or more parties. With a covenant, God has chosen to communicate with us, to redeem us, and to guarantee us eternal life in Jesus. God's intention is to have a covenant relationship with us from the Old Testament into the New Testament.

The truths revealed in the Bible are the basis of Christianity. The Bible is a covenant document.

The Old and New Testaments are essentially Old and New Covenants. The word *testament* is Latin for *covenant*.

The Bible comprises two covenants:

1. The Old Testament records several covenants between God and man. Many of them require man to do something or to obey something. (Exodus 19:5-6; Leviticus 1-7; Hebrews 9:7- 10). It includes laws that were revealed to the prophets in order to maintain our relationship with God. A good example is the Ten Commandments.
2. The New Testament records a covenant with God based on our love relationship with God, made available to us by what Jesus Christ has done for us. (John 3:16- 17). It is an act of love.



We are convicted to obey and realign our lives with God's nature. This happens when we receive the Holy Spirit in our hearts through our Lord Jesus Christ, who was God-made-man on earth. Our receiving is a result of our real/authentic spiritual experience of God's unconditional love for us.

The love relationship is mutual; God loves man, and man loves God in return. Sometimes this is manifested in a believer's life through healings and miracles of whatever situation the person is in bondage to.

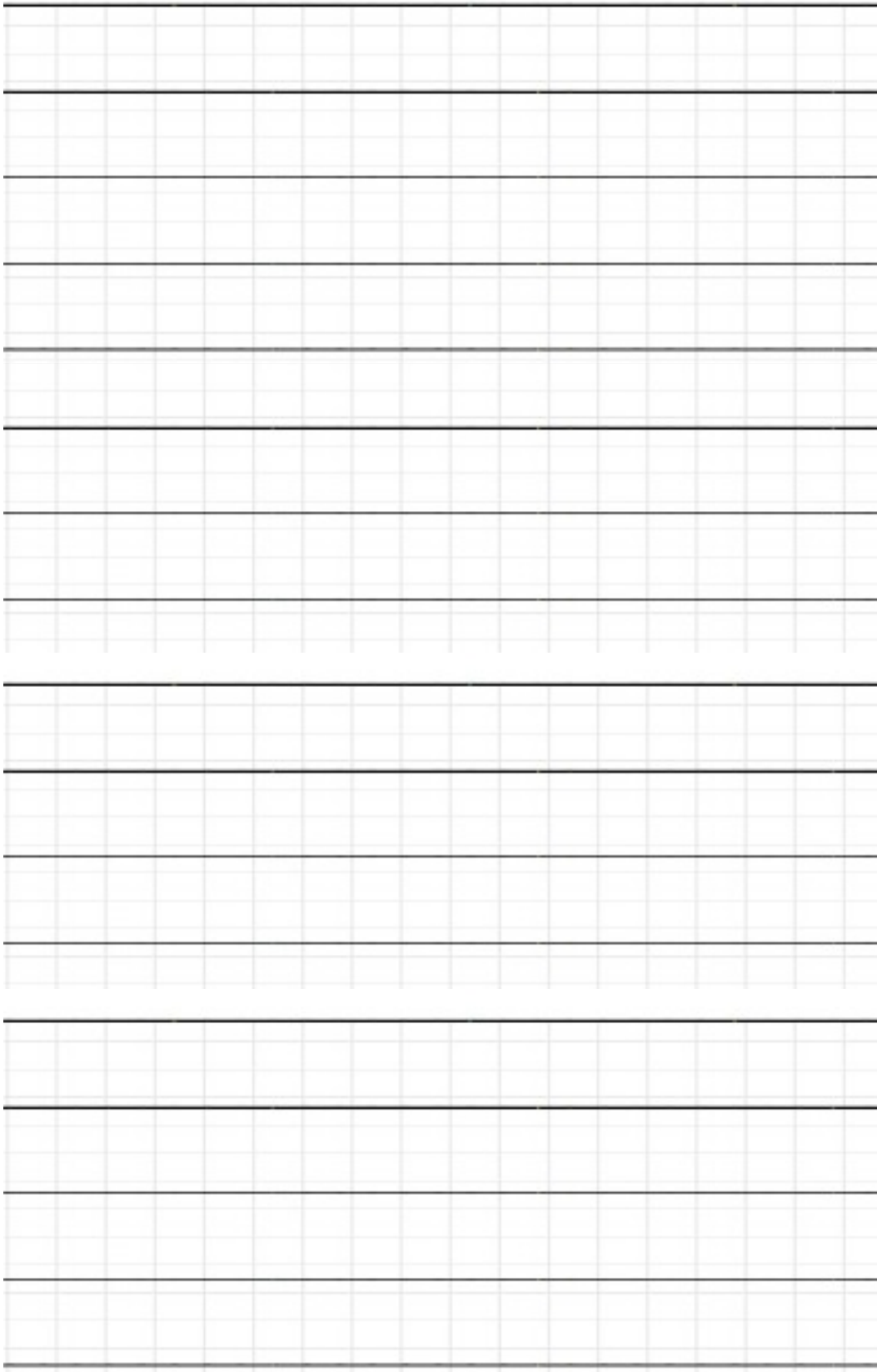


*For we are
God's
masterpiece.
He has
created us
anew in
Christ Jesus,
so we can do
the good
things he
planned for
us long ago.*
Ephesians 2:10 (NLT)

Note:

If you have a desire to become a "COVENANTED PARTNER" of this ministry, please let us know or send us an [email at ffministry.org](mailto:email@ffministry.org) indicating that and someone will call you. Covenanted partners are members who will voluntarily commit to support the ministry based on our Covenanted member guidelines. A copy is available at our ministry website under the tab "Resources"

Your Personal Notes Here

A large grid of graph paper with horizontal and vertical lines, intended for taking personal notes. The grid is composed of 10 columns and 20 rows of squares. The lines are thin and light gray, providing a structured space for writing.

Eternal God,

*impart to us a vision that can
lead us through these times.*

*Help us to remember
that You are working out*

Your gracious plan.

The Lion that will triumph

*is the same Lamb'
that was slain.*

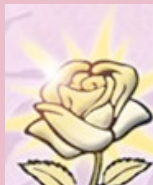
Remind us that,

*In Your purposes,
our suffering will
also be transformed.*

*We give praise to You,
our God of grace and glory.*

Marina B. Cubero has been a Christian Minister for seventeen years, holding various roles as a Servant of God, including: Worship Minister, Church Elder, Co-pastor and Elder of a Catholic Charismatic Ministry in California, USA and in the Philippines. Since 2007, she has led bible studies and eventually founded thegoldrose.org in 2012.

Marina's lifelong desire is to create a network of believers, who are passionate to discover and experience the love of God for humanity and are committed in helping build up the body of Christ in preparation for His glorious second coming. She was born and raised in the Philippines and migrated to California in 1984 with her family. We are a non-denominational Christian Ministry. You can find more information at <http://thegoldrose.org>.



The Gold Rose

"Whatever we do individually

