

Sunday's Theme – "Philippians: An Overview"

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 (10 minutes):

The purpose of this time is to "bring people in." You may use an icebreaker, but if you do make sure that it is one that can be completed by everyone in 10 minutes (i.e. each person takes only about a minute to answer). Occasionally, during this time, someone will share a deep need/hurt. If so, feel free to minister to them in prayer etc.

Ice Breaker Question: What person alive today do you most admire and why?

WORSHIP (15 minutes):

Normally choose 2-3 songs. It's also good to start by reading a short Scripture passage. You may also want to allow time for simple prayers of praise from the group. Optionally, you may also want to incorporate Communion as part of your worship time.

Scripture idea to use:

- Psalm 100

Song ideas to use:

1. Good To Me (#28)
2. Lord, I Need You (#59)

WORD (20 minutes):

The purpose of this time is not for Bible *study* but instead, Bible *application*. Focus on personal application of scriptural truths. Ask people what concrete actions they should take in response to the scripture.

Intro: The book of Philippians is packed full of many gems. Some of our favorite verses are in this book.

1. Assign the following verses to people in the group and take turns reading through each verse. Before you have folks read them, explain that you will be asking the question, which of these verses jumped out for you personally? Also, which of these verses do you think you most need to hear right now?
 - a. 4:13, 1:6, 1:21, 4:19, 4:6-7, 4:8-9, 1:27, 2:1-8, 4:4, 4:11-13, 3:8-11, 1:9

2. There are a number of possible themes in the book of Philippians. Which of the following possible themes are you most drawn to and why?
 - a. Having joy and being thankful in the midst of difficult circumstances
 - b. How to have peace when feeling anxious and worried
 - c. A challenge to choose what is highest and what is best
 - d. Being humble and growing in real love and service for one another
 - e. Knowing Jesus as the greatest goal and ambition in life

PRAYER (15 minutes):

Prayer ministry may be incorporated at any time during the meeting. If a lot of prayer ministry took place during the worship time, or as a result of things shared during the word time, don't feel as though you have to have another separate time for prayer. However, if there hasn't been time for prayer elsewhere, please do not short-change this part of the meeting.

Pray for the needs of the people in your group and also for the needs of others in our church.

We also want to begin to learn how to do what is called "prayer ministry" as part of our cell group gatherings. This often involves gathering around a person and laying hands on them as you pray for needs and for gifts of encouragement and for words of knowledge for the person (NOTE: Always ask a person permission first if it is okay with them if you lay your hands on them – and of course always do so in an appropriate manner). Whether this week, or another week, consider beginning to introduce this type of praying for one another. If you need help introducing it, invite Pastor Peter to join your group for a particular week to help introduce it and explain why it is important.

VISION (5 minutes):

This can be incorporated into a closing prayer time, and should be focused on the vision of the cell: to reach people who don't know Jesus. It may include sharing about those you are praying for, and encouragement in praying for and speaking to those who are not Christians.

Close the gathering by focusing outward. You may want to encourage the group to be praying for people you can invite to cell group, Sunday morning worship or Alpha. Or you may want to spend this time planning your next outreach or servant evangelism project.

CLOSING & ANNOUNCEMENTS (5 minutes)