

Sunday's Theme – Philippians 1:9-11 - "Paul's Prayer"

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: Are you a dog person or a cat person 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 57

Song ideas to use:

1. Forever Reign (#85)
2. It has Always Been You (#16)

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.

Read 1:9-11

1. What do you think it means to love "in real knowledge and full discernment"? (verse 9)
2. In verse 10 we are called to be "sincere". Other translations translate it as "pure" or "genuine". Literally the word means "tested by sunlight" – i.e. something that looks the same in the light as it did

when it was in the dark. Knowing this, what do you think Paul is praying for and how would you apply this to your life or to your group?

3. What do you think the “fruit of righteousness” means in verse 11? How do you get this fruit?
4. Give everyone an index card or a piece of paper and have everyone take a couple minutes and rewrite Paul’s prayer using their own words.

NOTE: See prayer time below for transitioning from this into prayer time

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.

Read Paul’s prayer in verses 9-11 again. For your prayer time, have everyone take turns praying for the person on your right. Have the person praying put a hand on the shoulder of the person being prayed for and invite the “prayee” to open their hands on their lap like they are receiving a gift. Encourage the person praying to do so by taking the content of Paul’s prayer and putting it into their own words as they pray for the person on their right. If the person praying is uncomfortable doing this, you can invite them to simply read Paul’s prayer in verses 9-11 as they pray. (NOTE: In addition to praying for love for one another to increase, I would encourage you also to pray that you each would grow in your own experience of God’s love for you (i.e. let God’s love for you be the source that you draw upon as you reach out in love to one another)).

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)