

Sunday's Theme – Philippians 1:12-26 - "Paul's Hope"

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 do you like to do to relieve stress?

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:

- Matthew 11:28-29

Song ideas to use:

1. Faithful One (#10)
2. Surrender (#44)

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.

Going to try something a little different this time for our discussion questions. Have someone read through the text and then lead your group through the three basic Bible study/application questions of "what does it say?", "what does it mean?" and "what does it mean to me?".

Read 1:12-26

1. What Does It Say?

- a. NOTE: Here the goal is to explore what the text is actually saying. Here are some different ways you could ask this question:
 - i. How would you rephrase this passage?
 - ii. How would you summarize this passage?
 - iii. Is there any part of this passage you don't understand what it is saying? [if so, allow the group to explore the answer together and share thoughts]
2. What Does It Mean?
 - a. NOTE: Here the goal is to discover the universal principles behind the text. You're not applying it to your life yet, you're simply trying to discover what are the principles discovered in the text that you'll use to apply to your life in the next question. Here are some different ways of asking this question:
 - i. What is the big idea in this text?
 - ii. What is the central theme?
 - iii. What is the lesson for us in the text?
 - iv. What are the spiritual principles in the text?
3. How Do I Apply It?
 - a. NOTE: Here the goal is to take what you have discovered in question #2, and ask some personal questions of how you will actually apply the lesson from the text to your life. Here's some ideas you could use:
 - i. Based on our study, what is God saying to you right now?
 - ii. How are you supposed to apply this text to your life this next week?

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.

The text for this week is about how to deal with difficult circumstances and about placing your hope in Jesus and deriving our joy from our relationship with Jesus, regardless of circumstances. In your prayer time, ask people what are the difficult circumstances in their lives that they need prayer for. Then, in addition to praying for those circumstances, invite the group to also focus on praying for one another that Jesus would be the source of joy and strength even in the midst of those circumstances.

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)