

## ***Sunday's Theme – Philippians 2:1-11 - "The Culture of Heaven"***

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:** Who is your all-time favorite band or musician or composer?

### **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:**

- Phil 2:5-8

**Song ideas to use:**

1. Your Grace Is Enough (#95)
2. Healer (#88)

### **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 2:1-4

1. Reading between the lines, what was wrong with the church in Philippi?
2. How is verse 1 connected to verse 2?
3. How would things change if verses 3-4 described your family life? Church life? Work life?

Read 2:3-8

4. How does true humility (i.e. forgetfulness of self, and using ones strength for the good of others) differ from being a doormat.

5. How does Jesus exemplify this humility? (What stories from the Gospels come to mind?)
6. Jesus didn't "grasp" but he "emptied". What did this mean for Jesus?
7. Are there things that you are grasping that you need to let go of? Are there any ways that you need to empty yourself this 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.**

Our Scripture time this week may flow quite naturally into prayer ministry for one another around those issues that may have been shared by group members regarding things for which they need to stop "grasping" or ways in which they need to "empty" themselves and in both cases surrender those things or persons to the Lord. Be sensitive to the Spirit's leading during this time and move right into prayer for someone if they are open to it. You may also want to take this opportunity to try breaking the group into groups of 2 or 3 to pray – which may allow for deeper sharing of prayer needs.

**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.

*Consider ending your gathering time by reading the final verses of our passage as a doxology: Phil 2:9-11*

**CLOSING & ANNOUNCEMENTS** (5 minutes)