

Sunday's Theme – Philippians 2:12-16 – “Workout”

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 is your favorite sport to play or other physical activity?

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:

- 2 Peter 1:3-8 (if you have access to it, consider using the Message translation)

Song ideas to use:

1. As We Seek Your Face (#4)
2. In the Secret (#41)

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 2:12-16

1. What does it mean to “work out your salvation?”
2. Some passages in Scripture say we are not to have fear, other passages say we should have fear. Apparently there are two kinds of fear, a good kind and a bad kind. Describe the good kind of “fear and trembling”. Share a life example when fear was a positive thing for you and energized you.
3. Apply this good kind of fear to verse 12. Why does Paul tell us to work out our salvation “with fear and trembling”?

4. How does verse 13 relate to verse 12? Who does the work? Us or God? If both, who initiates and how is the “work divided”? [Note to Leader: This is a difficult question with no easily understandable answer. The short answer is that God initiates and we respond, but the actual work is not so much 50/50 but is more 100/100. In other words, it’s all God and it’s all us, in a similar way that Jesus was 100% God and 100% human. This is one of those truths where we just have to “believe both and don’t worry about it” 😊)
5. Is the command in verse 14 an easy or a hard one for you to obey?
6. Paul says we are to be light in a dark and twisted culture. Do you think your life reflects that? Do friends or co-workers in your life who don’t know Jesus see a positive difference in you? If not, what one thing can you do differently this next week to shine forth the light of Christ.

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.

Sunday was “Prayer for the Persecuted Church” Sunday. Read Phil 2:15-18. Note that we are called to stand firm and hold out the word of life as lights in the midst of our dark world. Paul gives the example of his own life, and notes that his own life may be ending soon in his execution for the cause of Christ. Spend time praying as a group for two things:

1. Pray that the persecuted church would stand firm and would be lights in the midst of their own dark corners of the world – that they would love their enemies with radical abandon to the end.
2. Pray that YOU would stand firm as lights in the midst of your own dark corner of the world – and that YOU would love your enemies (or maybe just people you’re not crazy about) with radical abandon to the end – no matter the cost!

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)