

**Sunday's Theme – Philippians 3:12-16 – “How Do I Press On?”**

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:** Name something memorable for you that you WON? i.e. a race, a competition, a drawing, a sports event, an award, etc.

**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:**

- Rev 22:12-17

**Song ideas to use:**

1. You're Beautiful (#1)
2. Better Is One Day (#39)

**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 Phil. 3:12-16**

1. What lies behind for Paul in verse 13?
2. Is it easy or hard for you to “forget what lies behind”?
3. What is the prize that Paul is speaking of in verse 14?
4. How do you think Paul “presses on”?
5. What is the “goal” of your life? (v. 14)
6. How do you “press on” toward that goal? (v.14)

7. What does verse 16 mean?
8. Anything else from this passage jump out for you? Any other questions or thoughts?

**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.**

Invite the group to break into groups of 2 or 3 to prayer each other. Encourage each to take a turn sharing any prayer needs and then pray for them before having the next person share.

**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 to our Christmas Eve service at 4pm on the 24<sup>th</sup>! Or you may want to spend this time planning your next outreach or servant evangelism project.

**CLOSING & ANNOUNCEMENTS** (5 minutes)