

Sunday's Theme – Philippians 3:17-21 – “Why 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: What do you think heaven is like?

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:

- Colossians 3:1-4

Song ideas to use:

1. As We Seek / Jesus Draw Me (#1)
2. I Will Rise (#66)

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.

To the Leader: Just a reminder that the purpose of these discussion questions are to help facilitate discussion of the passage. There is no need to try to go through them all or even use any of them if good discussion is happening around the passage without their aid.

Read Phil. 3:17-21

1. What is Paul's “pattern” that we're to follow? (v. 17)
2. How does Paul feel about those who are living as “enemies of the cross of Christ?” (v. 18)

3. What type of person is Paul describing in verse 19? Is this verse still relevant 2000 years later? (Yes, this is a stupid question).
4. What does it mean that our “citizenship is in heaven” in verse 20? What difference should this make upon our lifestyle?
5. Back in verse 14 from last week Paul says he “presses on” which sounds active. Now in verse 20 he says he “eagerly waits” which sounds passive. Discuss this dual “active and passive” dynamic in the Christian life. In other words, how do we both “press on” and “eagerly wait” at the same time?
6. Do you ever spend much time thinking about your death and of what awaits you in the life to come? Why or why not?
7. Does thinking about heaven help you to “press on” in the Christian life? Why or why not?

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.

Spend time praying that God would help you to focus on things above, not on earthly things. Pray for one another that you would invest in things that last forever, not on things that will fade away or that don't really matter. Pray that God would stir in each of you a hunger and thirst and yearning for Christ's return.

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 24th! Or you may want to spend this time planning your next outreach or servant evangelism project.

CLOSING & ANNOUNCEMENTS (5 minutes)