

Sunday's Theme – Mark 1 – "Time Alone With God"

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 was the last movie you saw at the theatre?

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:

- Psalm 5:1-3

Song ideas to use:

1. Draw Me Close (#58)
2. Breathe (#30)

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: As we go through this series in the book of Mark, there are a couple of routes you can go with the questions. You may opt to focus all discussion around the text that was preached on the previous Sunday, or you may want to allow for more focus on the parts of the chapter that were not touched upon in the message. Or you can try to do a little of both. I'll have questions below related to this week's sermon text, but also some general questions to allow for discussing the chapter in general. Your call which you use.

Read Mark 1:32-39

1. Why does Jesus need to get away in the early morning and pray?

2. What do you think Jesus prayed?
3. Do you think Jesus heard God speak to him? If so, how do you think God spoke to Jesus? Audibly? Through the Scriptures? Still small voice? An impression?
4. If Jesus needed to get away regularly and spend time with God in prayer, what does that say about us?
5. Have you ever tried having a daily time of prayer and Bible reading and listening to God?
6. For those of you who have this practice, what has worked for you? What advice can you give the rest of the group? Also, what has not worked?
7. Has anyone tried journaling? If so, explain what it is to the rest of the group and discuss its value and purpose.

Mark 1 – General Discussion

1. What in this chapter jumped out for you or left an impression?
2. What questions did you have after reading this chapter?
3. What in this chapter shows us what God is like?
4. How does Jesus give examples in this chapter about what human beings should be like?
5. What did Jesus say to you through this chapter this week?

Mark 1 Summary

- John the Baptist appears
- Jesus baptized by John
- Jesus tempted
- Jesus begins preaching
- First disciples called
- Demon cast out in Capernaum
- Peter's mother-in-law healed
- Lots of healings and demons cast out in Galilee
- Jesus gets up early to pray by himself
- A leper is cleansed

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.

In addition to praying for any needs shared in the group, also pray for each to grow this next week in their devotional life with the Lord.

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 or Sunday morning worship. Or you may want to spend this time planning your next outreach or servant evangelism project.

CLOSING & ANNOUNCEMENTS (5 minutes)