

Sermon Text – Psalm 3
Storying Text – Matthew 14:22-33

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 (15 minutes):

The purpose of this time is to “check in” and share life with one another. Typically you can simply go around the group and have everyone share a high and a low of the week. Sometimes, if a deep struggle is shared by someone, you may want to go directly from this time into prayer for the person. Also, if you have guests, you may opt to just do a fun icebreaker for this portion of the meeting instead.

Gathering Question: What do you worry about?

WORSHIP (10 minutes):

The purpose of this time is to invite the presence of Jesus into your gathering. You may want to begin this time by lighting a candle as a symbol that you are inviting the real presence of Jesus, the Light of the World, into the midst of your group and then to play or sing a worship song or two. If you just play a song, invite everyone to close their eyes and reflect on the words and/or focus on Jesus. Afterward, have someone pray a prayer acknowledging the presence of Jesus in your midst and asking Him to guide the rest of your meeting time. An example prayer is listed below, but feel free to use your own words.

Prayer: “Lord Jesus, we welcome you here. We love you Lord and we ask you to speak to us during our time together. Speak to us through your Word and by your Spirit. We trust you and we submit our lives to you. Thank you for your passionate love for us. Help us to grow to know you better. Amen.”

WORD (20 minutes):

The purpose of this time is not for Bible *study* but Bible *application*. Also we want to be learning to discern the voice of the Spirit coming to us in “real time” through the written Word. Each week a Scripture passage will be listed below. The following are three ideas for how to facilitate the Word time.

- **Option One:** Simply read the passage and then ask three questions. What questions do you have? What left an impression for you? How can you apply the passage this week?
- **Option Two:** Use the lectio divina method – see example here: www.ohcgh.com/lectio.
- **Option Three:** Use the “storying” method presented in the Diane Brask workshop.

PRAYER (10 minutes):

The purpose of this time is to minister to one another through the power of prayer. Break up into groups of 3 or 4 and take turns sharing personal prayer needs and praying for one another. If a person does not have any prayer needs to share, you can still gather around them and pray simple prayers of blessing or ask God to direct you in how to pray for them. Especially if you have guests, make sure everyone knows that they do not have to pray if they are not comfortable doing so. Sometimes we will facilitate special directed prayer during this time. If so, instructions will be listed below.

Prayer Focus: Ask each person to share what is one thing they fear or worry about that we could pray for as a group.

VISION (5 minutes):

The purpose of this time is to remind the group of our core values and vision as a church and as a cell group and to also help keep an outward focus for the group. Each week a different vision component will be listed below. Sometimes this will come in the form of something you can read at the end of your gathering. Other times a link to a web video may be supplied which you can watch together as you close out your meeting time.

Vision Focus:

Remind your group once again to be on the lookout for newer folks and visitors at church and to be intentional about building relationships with them and looking for opportunities to invite them to your group. Also, consider as a group doing some fun activities or a game night or a movie night and use that as an opportunity to invite people to visit your group, or to invite a neighbor or friend for whom a “less spiritual” focus might be a good bridge for them.