

### ***Scripture Texts – 1 Samuel 30:1-6***

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 suggested 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:** If you could "download" one thing into your brain you would be a pro at or extremely knowledgeable about, what would it be?

#### **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.**

***Or, as an alternative you may choose to use one of the worship videos from the page linked below to guide your time. Or you could just read a Psalm and pray a simple prayer acknowledging His presence.***

**Worship Video Library:** <http://www.lifetogetherchurches.com/worship-resources>

#### **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 two ideas for how to facilitate the Word time.**

- **Option One:** Watch the video teaching in link below and answer discussions question as directed by the video.
- **Option Two:** Use the lectio divina method – see example here: [www.ohcgh.com/lectio](http://www.ohcgh.com/lectio).

**Video Teaching –** <https://vimeo.com/274143490> (Search in you Vimeo App for “Word Time 061018”)

**Scripture Text –** 1 Samuel 30:1-6

(Discussion questions on next page)

## Discussion Questions:

We looked at seven lessons from the life of David. Which of these did you most resonate with and why. (Note: The video this week reviews each as to what they mean)

1. Cultivate the heart of a worshipper
2. When facing a giant, don't wear someone else's armor
3. If the king throws a spear at you... duck
4. When hard pressed... run to Him
5. In your victories don't cling... sing
6. Never, ever coast
7. When you sin, take it personally

### **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:**

In addition to praying for each other's needs, let's pray for Peace Rehabilitation Center (PRC) in Nepal who we have supported in their work to rescue girls from sex trafficking.

### **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 Time:**

<https://vimeo.com/274143701> (Search in your Vimeo App for "Vision Time 061018")