



Tas Valley Cell Notes and News  
September 2013

## **All About Cell Church**

A training evening for all Cell Members  
with Laurence Singlehurst

Wed 13th November

7.30pm

Newton Flotman Primary School

Laurence is entertaining, fun and the UK's expert  
on Cell Church An event not to be missed.

## **OTHER DATES FOR YOUR DIARY**

Cell Leaders are meeting on Thursday **September 5th** 7.30pm at Newton Flotman Rectory to prepare for the term ahead

Confirmation Service for Marc Lockley, Steve Calver, Susan Peters Corbett and Paul Nicholls on **September 15th**, 11am at Tasburgh Church

Swainsthorpe church are seeking to explore new ways of reaching out with Cafe church. Join them on Sunday **October 13th** at 9.30am for breakfast, bible discussion, praise and prayer.

Andy Cox is leading an evening of praise and prayer for healing and our local area on Sunday **October 20th** at 6.30pm at Swainsthorpe church.

Cell Training on Wednesday **13th November** 7.30pm at Newton Flotman School - No other Cell Meetings this week.

Houses of Prayer: The purpose of a local house of prayer is for God's Kingdom to come in the area for which it prays. "God's Kingdom" simply means what happens when God is in charge - blessings such as good relationships, joy, peace, economic stability, health, growth, refreshment, love... etc.

HOUSE OF PRAYER FOR TASBURGH AND THARSTON MEETS **1st & 3rd TUESDAYS** OF EACH MONTH AT 26 CHESTNUT ROAD, TASBURGH 7.30-9.30pm

HOUSE OF PRAYER FOR NEWTON FLOTMAN AND SWAINSTHORPE MEETS **1st & 3rd FRIDAYS** AT NEWTON FLOTMAN SCHOOL 7.30-9pm

# CELL NOTES

The following 3 sessions are taken from a book called Moving Forward by Michael C. Mack. It is available from Cell UK at £6 a copy and is especially recommended for cell leaders and facilitators. You could also share one as a cell to be passed round as needed. If you would like to order through the cell church, please contact Vicky Ball.

## Preparation for Session 1

WORSHIP & WITNESS - Choose a confident prayerful leaders for this week's Worship & Witness who are committed to God's power to change us.

WELCOME - Bring blank paper and pens for each member and read through activity before hand.

WORD - Bring small potted plant, lego bricks or similar; a dumbbell/ training weights or similar and jug of water, glass and tray to catch overflow.

MEMORY VERSE - Bring copies of Colossians 2 6-7 to distribute to everyone

## Session 1. God enables us to Grow!

### Worship (10 mins)

Begin the meeting with a simple prayer recognising

- God's presence in the room
- His desire and His power to transform us to be like Jesus.

Spend some time letting these three facts sink in as you pray and praise aloud or holding silence.

## **Welcome** (15 mins)

Each take a pencil and piece of paper and take 5 minutes to draw a picture of your spiritual journey up to today. You might for example draw a path with ups and downs or sets of footsteps closer and further away from God.

Share your journeys with each other, particularly where you are now on your journey and what has brought you to this place.

## **Word** (35 mins)

Here are some myths about spiritual growth. Can you explain why each is wrong?

MYTH 1: Spiritual growth is optional for Christians. If you don't feel like growing spiritually you can just coast along if you feel like it.

MYTH 2: Spiritual growth is automatic if you go to church on Sunday or attend cell

MYTH 3: Spiritual growth happens the same for everyone

MYTH 4: Spiritual growth is easy.

MYTH 5: Spiritual Growth is about how much individual effort we make.

## **Read Colossians 2.6-10**

1. What is Paul encouraging Christians to do in this passage?  
(As a group identify three or four things and explain in your own words)

2. a) Bearing in mind the 5 myths, why do you think Paul reminds them of this?  
b) Each share, which of the 5 myths would be most liable to prevent you personally growing in your faith.
3. Do you think you have grown spiritually in the last year. If so how?
4. Paul uses 4 images of our growth in this passage. Place in the centre of the group 4 visual reminders of these:  
A POTTED PLANT -                      ROOTED  
LEGO BRICKS OR SIMILAR -            BUILT UP  
DUMBELL / FITNESS WEIGHTS        STRENGTHENED  
POUR WATER INTO A GLASS  
SO THAT IT OVERFLOWS -              OVERFLOWING  
Each choose one of these images as the way in which you feel you are growing (or would like to grow)right now.
5. Handout copies of verse for the week: Colossians 2.6-7 for people to reflect on at home.

## **Witness**

1. In what specific ways do you want to extend Christ's love and forgiveness next week? (As each person shares, pray for them aloud and ask God for His love, attitude and words for that person)
2. Share out the 4Ws for next week if you haven't already.

## **Idea for Between Meetings**

Arrange to meet up with your cell leader or minister to talk through your spiritual journey and where you are now. Pray with them and seek your next step.

## **Preparation for Session 2**

WELCOME - Prepare your own answer to get the group going.

WORSHIP - Bring a candle, matches, CD and CD player or prepare to lead singing and bring song words.

WITNESS - Choose a confident prayerful leader to lead Witness someone who is committed to God's power to change us.

WORD - Great if this could be led by someone who enjoys sailing. If possible bring a model sailing boat.

MEMORY VERSE - Bring copies of Galatians 5.22-23 to distribute to everyone

BOOKS - Some cell members might like to borrow a book on Spiritual disciples such as John Ortberg's *The Life You've Always Wanted* or *Celebration of Discipline* by Richard Foster

## **Session 2. The wind in my sails**

### **Welcome (15 mins)**

Discuss

What is the best team on which you ever participated? What made this team so exceptional?

### **Worship (15 mins)**

Invite the group to find a comfortable position in which they can remain still. Light a candle. When all are still, one the worship leader slowly reads John 4.23-24

“True worshippers will worship the Father in Spirit and Truth, for they are the kind of worshippers the Father seeks.”

Chew over these words as you rest in God's presence. If you like, play some quiet music while you do this.

At the end, share anything you think God may be saying to you.

OR

Sing the song “Jesus, Be the Centre”

**Word** (35 mins)

Read Galatians 5.16-18 and 22-25

1. What does this passage say the Holy Spirit does to help us to grow Spiritually?
2. What will happen if we rely solely on our own human wisdom or our own effort to grow spiritually?
3. If possible pass round a model of a sailboat. The term for Spirit is the same as that for winf throughout scripture. The Holy Spirit is the wind which provides the driving force for all spiritual growth. Imagine you are a sailboat out at sea
  - a) If the wind is not blowing what effect does the sail have on the movement of the boat?
  - b) If the wind is blowing but the sail is not up, what effect will the wind have?
  - c) How do the wind and sail work together to propell the boat towards its destination.
  - d) How do our human spirits act like sails to team up with God’s Spirit to bring spiritual growth?
4. Spiritual disciplines are things which help us to “raise the sails.” to catch the wind of God’s Spirit. They include things like praying, fasting, giving, attending church - Make a long list of as many as you can think of.
5. Look at your list and each choose one thing to do which would help you to “raise your sails”this week. In twos or threes share what you plan to do and agree to report back to each other next week on how you did.
6. Handout copies of verse for the week: Galatians 5.22-23 for people to reflect on at home.

## **Witness**

1. Pray for each other that God would allow your lives in Christ to overflow into the lives of friends, neighbours, family members and work-mates. Start by praying for areas/ people where this is already happening. Then pray for those who are struggling to see how this might happen through them.
2. Share out the 4 Ws for next week if you haven't already.

## **Ideas for Between Meetings**

- Remember to do the “spiritual discipline” that you decided on to help you “raise your sails”
- If you are a reader, start a book on Spiritual Disciplines such as “The Life you’ve always wanted” by John Ortberg or “Celebration of Discipline” by Richard Foster.
- Reflect on the memory verse - Which fruit would you like the Holy Spirit to row in your life?

## **Preparation for Session 3**

**TIMEKEEPER** - Appoint someone to keep time this week. Leave at least 30 mins for Work it Out

**WELCOME, WORSHIP & WORK IT OUT** - Choose a thankful encouraging leader or leaders to guide the group through these sections - someone who will be confident to lead in praise and encourage people to pray for each other. This week does need careful reading of this beforehand.

**WORD** - Needs an overall leader and 3 leaders for smaller groups

**MEMORY VERSE** - Bring copies of Galatians 5.22-23 to distribute to everyone

**BOOKS** - Some cell members might like to borrow a book on Spiritual disciplines such as John Ortberg's The Life You've Always Wanted or Celebration of Discipline by Richard Foster

# Session 3. The transformational journey

## **Welcome and Worship** (15 mins)

Where have you seen God at work this week?

If possible each think of something where you have seen God at work in or through your own life. (How did you get on with the “spiritual discipline” that you decided on to help you “raise your sails” last week?)

Spend some time praising God for his work in us.

## **Word** (30 mins)

1. Divide your group into 3 smaller groups or pairs. Give each 5-10 minutes to read and discuss. Each group should then feedback what they have learned to the whole group (no more than 2 minutes from each group):

### *GROUP 1*

*Read the following verses and then discuss the questions*

*Mark 1.17-18*

*Mark 6.7,12-13*

*Mark 8.29*

*Mark 16.15*

- a) *From these verses, what words would you use to describe the disciples spiritually?*
- b) *How would you describe their spiritual maturity?*

### *GROUP 2*

*Read the following verses and then discuss the questions*

*Mark 4.10,13*

*mark 9.31-32*

*Mark 9.33-34*

*Mark 10.13-14*

- a) *From these verses, what words would you use to describe the*

*disciples spiritually?*

*b) How would you describe their spiritual maturity?*

### **GROUP 3**

*Look at this overview of Acts 1-3:*

In Acts 1, Jesus gave his disciples final instructions before ascending into heaven

In Acts 2, the Holy Spirit came upon the disciples and then they began speaking to the people of Jerusalem. Thousands responded and became Christians

In Acts 3, Peter healed a disabled beggar and then used the opportunity to tell the onlookers about Jesus. Although Peter and John were arrested, many of the people who heard the message believed and the church grew.

*a) From these chapters, what words would you use to describe the disciples spiritually?*

*b) What do you think contributed most to their spiritual growth in Acts 1-3*

### **2. Read Acts 4.5-12**

**a) The word the elders use to describe the disciples in Greek is idiotai - basically idiots! Why do you think they had this view of the disciples?**

**b) How have the disciples changed since their earlier time with Jesus ?**

**c) What helped to bring about these changes?**

### **3. Hand out copies of this week's verse: Acts 4.13**

## **Work it Out** (Ministry Time) 30 mins

1. Spend some quiet time thinking about the following question:

- In what area of your life do you know you need transformation?

2. In twos or threes, briefly share your answer with each other. Then gently lay your hand on a head or a shoulder and pray for God to send his strengthening Holy Spirit and for his blessing that they might see the transformation they need.

## The Prayer Course

After these 3 sessions, we are hoping to use the new prayer course being published by Alpha

## **WITNESS - Ideas for the Autumn**

**September** - Have a Mission Prayer Evening. Pray for Martin Hartley as he seeks to listen to God and the local community and to identify member of a new cell to be an outreach team. Pray also for the new daytime seeker cell starting his month.

**October** - Plan a bonfire party at the beginning of next month. Pray in your cell meetings for people you hope to invite who do not usually go to church.

Look out for people who may need garden help at this time of year.

**November** - Make friends and neighbours welcome at your cell bonfire party.

Use the witness time in your cell meetings to decide on a Christmas event which you will organise or one which you can support. eg. Offer to help with mulled wine and minced pies at a carol service.

<b>Sample Cell Calendar</b>	
5th Sept	CELL LEADERS PRAYER AND PLANNING
w/b 9th Sept	Spiritual Growth - Cell Session 1
15th Sept	CONFIRMATION 11am Tasburgh
w/b 16th Sept	Spiritual Growth - Cell Session 2
w/b 23rd Sept	Spiritual Growth - Cell Session 3
w/b 30th Sept	Prayer Evening or Outreach Event
w/b 7th Oct	HTB Prayer Course Session 1: Purpose in Prayer (Adoration)
13th Oct	OUTREACH - INVITE SOMEONE TO COME WITH YOU TO CAFE CHURCH 9.30am - Swainsthorpe
w/b 14th Oct	HTB Prayer Course Session 2: Power in Prayer - Petition
20th Oct	PRAISE TIME, SWAINSTHORPE 6.30pm
w/b 21st Oct	HTB Prayer Course Session 3: Prevailing in Prayer - Intercession
w/b 28th Oct	HTB Prayer Course Session 4: Persevering in Prayer - Dealing with Disappointments
2nd Nov	Cell Leader Training Day, Harpenden for those who want to go deeper (Contact Sally if interested)
w/b 4th Nov	OUTREACH eg. Bonfire Night
13th Nov	CELL TRAINING FOR ALL LAWRENCE SINGLEHURST
w/b 18th Nov	HTB Prayer Course Session 5: Perspective in Prayer - Learning to Listen
w/b 25th Nov	HTB Prayer Course Session 6: Partnership in Prayer - Authority and Spiritual Battles
w/b 2nd Dec	Cell Study on Advent
w/b 9th Dec	Cell Communion
w/b 16th Dec	SUPPORT LOCAL CHURCHES IN CHRISTMAS EVENTS

