

Week : Beginning Sunday 11th January

Psalm 23



WELCOME

What is the most favourite Christmas present you gave someone?

WORSHIP

Use the Stuart Townend material. Read the line from the Psalm, pause for a moment then read out the text relating to the line of scripture, repeat this process through the whole Psalm.

WORD

Q1 - Read 1 Samuel 16:10-12 – how does David draw on his own life experience as he writes this Psalm?

Q2 – What is the second image that David uses in vv5-6? What are the possible meanings of “anointment” (see 1 Sam 16:13; Luke 7:46)

Q3 – Read this Psalm again in the negative (“The Lord is not my shepherd”) what verse is most disturbing?

Q4 – Share an incident both now or in the past where you have walked through a “dark valley” – How has God rescued and protected you with a “rod and staff”.

Q5 – What “green pastures and still waters” has he brought your way?

Q6 – This is probably the most well known of all the Psalms and many of us will have read and reflected on it at different times, share how the words of this Psalm have spoken into your life through the years.

WITNESS

Alpha starts on Wed 21st of January. Spend some time praying for Alpha, maybe sharing names of people you are hoping to ask. Someone in your group might even want to go to Alpha and so it might be helpful to spend time talking about and what goes on at it.

Week : Beginning Sunday 18th January

Phil 4:10-13



WELCOME

What is one thing you want to accomplish next week?

WORD

Read Phil 4:10-13

Q1 – What were Paul’s circumstances at this time (Phil1:13-14)?

Q-2 – What is Paul’s secret to contentment?

Q3 – How does Paul’s view of contentment compare with the modern world’s view of contentment?

Q4 – What is the closest you have come to experiencing what Paul talks about here: Rebounding from loss of freedom? Loss of some physical skill? Loss of some vocational opportunity? Loss of financial security? Other?

Q5 – How can Paul’s attitude towards giving and receiving enable you to be a better giver? A better receiver?

Q6 – What *outside* force is most likely to upset your contentment? Since God does not always change negative outside forces, what can he change *in you* so that contentment is possible?

WORSHIP

Thankfulness. In being thankful to God we are recognizing our total dependence on Him- he puts breath in our lungs and food on our table, gives salvation for our souls, brings comfort, hope and strength.

Give everyone a piece of paper and pen. Many of us will have written thank you notes to relatives after Christmas we are now going to write a thank you note to God.

Take five minutes to write down in the form of a short letter something (Dear God..) something thankful for today, small or large.

If anyone feels like sharing what they have written then that is good, but don’t put pressure on people to do this.

WITNESS Spend time praying for the other cell groups and for the growth of the cell group ministry, are there any new folk you could invite to your group?

Week : Beginning Sunday 25th January

Genesis 9



WELCOME

What is the first contract you remember signing?

WORSHIP

You will need several pieces of paper each with a scripture promise written out (examples 2Cor6:18; John 11:25-25; John 3:16; John 4:13-14; John 6:35; John 6:47; John 8:31-32; John 15:7; Matt 7:7-8; Hebrews 13:5). Hand out the pieces of paper. Ask each person to read their out, and to share (if they can) what the promise means to them. After everyone has finished, get them to lay out all the pieces of paper on the floor or on a table in the middle of the room, and begin to thank God for his wonderful promises to us.

WORD

Read – Genesis 9 1-17

Q1 – Verses 1-17 stipulate a second covenant which God enters into with Noah and his heirs. How is this covenant different than the previous one (6:13-7:5)? What aspects of this covenant are forever? Which are unconditional?

Q2 – What does the covenant stipulate from the human side (vv1-7)? From God's side (vv3,5,9-11)

Q3 – In verses 12-17, what is the sign of this new covenant? What purpose does this sign serve?

Q4 – What does this new covenant teach about the sanctity of life? How might this be especially important to Noah and his sons just now?

Q5 – In what areas of this life does this passage give you comfort? Where does it challenge you?

WITNESS

With Christmas coming up think about an area of witness that your group could get involved in. Possible helping in a soup-kitchen for an evening (Carren Malcom has details on this) or some other activity.