

cell outlines
APRIL 2018

These Cell Outlines are written by Youth and Children's Ministries. They are available every month from our web site. For more information and other Cell resources, visit salvationarmy.org.uk/children-and-youth-resources

OVERVIEW

IDENTITY

Preface: Identity is a massive topic that a lot of people struggle with, especially teenagers. The teen years are often a time when young people are exploring who they are and discovering so much about themselves as well as who they want to be. (As a corps-based youth worker) this is a topic that is very close to my heart, as my hope and prayer is that all young people will have the opportunity to know how much they are loved by their heavenly Father. Knowing and rooting your identity in Jesus as a child of God is such a powerful thing, but it is often a difficult journey as there are many lies of the devil that creep into our identity and this creates a lot of baggage in our lives. As you think about embarking on these sessions with a group of young people, make sure you pause and take a look at your own identity and the baggage you carry. Take time to work through this stuff for yourself and remind yourself that YOU are a child of God and are deeply loved by him. As you remind yourself of this and live it out, you are showing the young people you work with exactly what it means to be a disciple of Jesus!

Just as this may bring up baggage for you and you may struggle with some of this for yourself, it may also bring up a lot of stuff for the young people. You are able to choose how deep you go in these sessions, and as there is not much time to cover everything or explore everything deeply you may not get there. But I believe God wants to do something amazing and transforming within your group of young people, and in order to do that you're gonna have to encourage them to go in deep! Please go into this with a lot of prayer and make sure you have a team around you who are ready to support the young people as they think about and reflect on their identity. Pick and choose what parts of this you want to use and what is right for your group, add stuff in, take stuff out and take your time!

DISCIPLESHIP AS IDENTITY

WELCOME

Name game

- * Split players into teams, with team members sitting alternately around the circle (you will need at least six players for this).
- * Get each player to write their name on a piece of paper and put it in a hat/receptacle.
- * Shake up the names and get each player to pick a name (not their own) – and keep this secret from all other players.
- * Go around the circle and each player takes turns saying a name – if the name you have is called (not your own name but the name you chose) you must stand up and swap seats with that person.
- * The aim of the game is to get three of your team mates sitting next to each other on a couch (or designated area).
- * You are not allowed to talk to your team mates but have to secretly work out who is who and strategically swap positions to get your team in the right place.

Or...

- * Look up with the group what everyone's names mean and have a chat about the different meanings you find. It's easy to find name meanings online, but it also can be hilarious to look up names on an urban dictionary – but some can be inappropriate so make sure you check beforehand!

Mind map

Using a large piece of paper and marker pens jot down your group's thoughts and responses to the following questions:

- * What is discipleship?
- * What is identity?
- * Does discipleship have anything to do with your identity?

WORD

Linking discipleship and identity

- * A lot of stuff about our identity is wrapped up in our name, as you would've experienced in the game. While our name does not define us, our names represent us.
- * Being a disciple of Jesus is part of who we are. It's almost as important, if not more important, than our name as our name becomes a representation of Jesus (we'll explore this more in later sessions).
- * There are loads of other things that make up our identity... Sometimes we let what other people say about us define who we are, or we let the things we believe about ourselves define us: for example, hipster, talented, beautiful, ugly, judgmental, bossy etc.
- * Some of these things can be good and true, but other things are lies or unhelpful labels.
- * As disciples of Jesus we don't want to listen to the lies, we want to know what Jesus says about us and for this to define our identity.
- * Jesus says we are 'no longer a slave' (Galatians 4:7a) and that because he died for us to save us from sin we don't have to believe those lies any more. Instead we can believe what he says about us. 'For we know that our old self

SESSION
ONE

was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin' (Romans 6: 6).

- * We will be exploring what God says about us a bit more deeply in later sessions, but Jesus says that you are loved. As we saw in that last verse, he went to the cross and died for you so that you don't have to believe those lies any more. You were created by him and loved by him more than you could ever know... this is truth.

DISCUSSION

- 💬 What does your name mean? Is this an accurate description of you?
- 💬 If you are a disciple of Jesus, do you think this is an important part of who you are? Why or why not?
- 💬 Do you think some of the things people say about you or what you say about yourself impacts your identity? How? Is this positive or negative?
- 💬 How can you listen to what Jesus says about you rather than what others say?

WORSHIP

- * Provide the group with time and space to write down any notes in a note book or on some paper and reflect on the above questions for themselves.
- * To create a reflective atmosphere it would be good to have some music playing in the background. A suggested song is 'No Longer Slaves' by Brian Johnson, Joel Case and Jonathan David Helser (Bethel Music, SoF 3216).
- * End your time together by closing in prayer.

Or...

Alternative activity – Think about some of the labels or names people or you yourself put on you that attempt to define your identity. Write these down on sticky notes and stick them on yourself. After having some time to do this personally and think about the lies we're led to believe about ourselves, go around the room and pray for each group member. Pray that they will be able to break free from the lies they believe about themselves, and as you do this take the sticky notes off and throw them in the bin. Thank God that these things don't define us but that we are free because of Jesus.

DISCIPLESHIP AS IDENTITY – TRINITY

WELCOME

Fidget spinner challenges

- * Ask your group to bring in any fidget spinners they have.
- * Suggest some of the following challenges for your group to try, or see if they can come up with their own tricks to show to the group!
 - ▶ Spin with one finger
 - ▶ Spin it on your forehead
 - ▶ Spin multiple spinners on top of each other
 - ▶ Balance a coin on top of each tip of the spinner
 - ▶ Spin more than one spinner at once

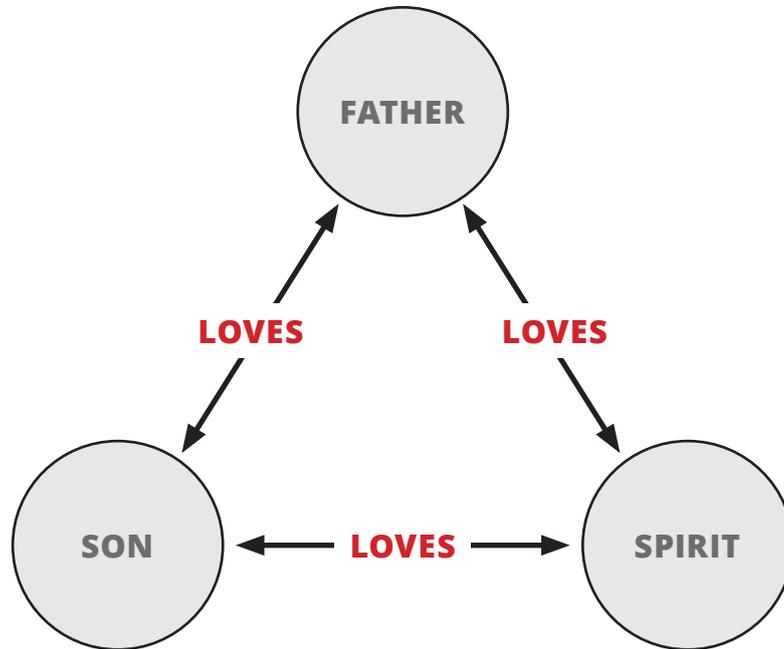
WORD

What is the Trinity?

- * Explore with the group what they already know about the Trinity.
- * Ask the group how the fidget spinner might represent the Trinity – ie each part of the spinner can represent one part of the Trinity, but all parts are connected.
- * Read Matthew 3:16–17 to the group to demonstrate how all three parts of the Trinity were present in one place. ‘As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.”
- * Explain that if one part is missing or if too much emphasis is given to one part of the Trinity, then it becomes unbalanced – to demonstrate this put a coin on one part of the spinner and watch what happens.
- * Trinity = relationship, as the three persons of the Trinity have always been and always will be in relationship.
- * Note: This will probably work best for younger groups. Something you could do for older groups is to eat an apple, some Neapolitan ice cream etc, and speak about how these things might represent the Trinity.

Linking discipleship, identity and the Trinity

- * Refer back to the discussion on identity from last week and how we talked about being a disciple of Jesus and believing that what he says about us defines who we are.
- * As a disciple of Jesus we are also linked with God the Father and God the Holy Spirit.
- * The really close relationship the Father, Son and Spirit have is a model for how close we can be with God.
- * We know the Trinity has always been in a tight relationship as they were together from the beginning: ‘In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind’ (John 1:1–4). [You could compare Genesis 1:1,2 – ‘In the beginning God created... and the Spirit of God was hovering over the waters.’]
- * The Trinity is God, and therefore being in relationship is who God is. It is his identity. This is a model for us of how close we can be to God when we are in a relationship with him as his disciple. (It might be helpful to use this diagram or place these labels on a fidget spinner.)



- * By being close to Jesus and by being his disciple we become more like Jesus.
- * This doesn't mean we lose our individuality, but as we draw closer to Jesus we become more like him, meaning we become the best version of ourselves, not losing ourselves.

DISCUSSION

- 🗣️ Can you get your head around the Trinity and the close relationship between the Father, Son and Spirit, or does it just confuse you? (Make sure you explain that this is OK and that no one fully can understand the Trinity.)
- 🗣️ Do you think that by being close to Jesus you can become the best version of yourself, or are you afraid of losing yourself?
- 🗣️ How do you think we can become the best version of ourselves?
- 🗣️ How can we become closer to Jesus?

WORSHIP

Provide your group with the space and the opportunity to reflect on their identity in Christ.

- * Ask the group to think about and note down some parts of their character that are awesome and make them unique. Then think about and note down some parts of their character that are maybe not so good and not reflective of Jesus. Spend some time asking God to forgive us for those things and asking him to help us become more like him.

DISCIPLESHIP AS IDENTITY – FAMILY

WELCOME

Draw a family tree

- * Get the young people to draw out their family tree; you could share your own as an example. Remind the group that families are all varied, so each of your family trees could look very different. Make sure they know this is OK!
- * Come back together and ask anyone who might be willing to share and explain their family tree with the group.

Note: if this is not appropriate for your group for whatever reason please look at the alternative activity below.

Or...

- * Get the group to look at another family tree and work together to try and map it out. You could try the lineage of Jesus found in Matthew 1 or a famous family, eg the Kardashians or the Royal Family etc.

WORD

Linking discipleship, identity, Trinity and family

- * Explain how when we become a disciple of Jesus he is not only our saviour, teacher, guide etc, but we also become a child of God.

Share the following Bible verses with the group:

- “ ‘Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God...’ (John 1:12).
- “ ‘But whoever is united with the Lord is one with him in spirit’ (1 Corinthians 6:17).
- “ ‘See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!’ (1 John 3:1).
- * Being a child of God is so important in terms of our own identity. The powerful bond that is there cannot be taken away. Our own earthly families might be flawed, but being a child of God and being in his family is something we can always rely on.
- * Encourage your group to draw the map of the Trinity and get them to write their name next to Jesus’ name – being a disciple of Jesus means being part of God’s family... tied to them for life!
- * We are all children of God, not because of who we are or what we’ve done but because of who God is and what he’s done for us.

DISCUSSION

- 🗣️ Do you feel like you are a child of God? Why or why not?
- 🗣️ What does it mean to you to be a child of God?
- 🗣️ How do you think this fact can/will impact your life as a disciple of Jesus?

WORSHIP

Listen to ‘Good Good Father’ by Pat Barrett and Tony Brown, recorded by Chris Tomlin (SoF 2909) and Who am I? by Casting Crowns.

Give your group the time and space to reflect on all that you have covered this week through different mediums that you have available to you while the music plays; eg play dough, pictures, drawing, using a prayer space etc.

DISCIPLESHIP AS IDENTITY – IN THE BIBLE

WELCOME

Name Generator – Look at various name generators and have some fun looking up everyone's superhero name etc (see attached).

Or...

Play the name game from the first week again or another favourite youth group game.

WORD

Spend some time as a group recapping what you have learnt in the previous weeks. You could use some pictures or props to help jog everyone's memories (mind map, fidget spinners, family trees).

Split the young people into small groups and give each group one of the following Bible references to look at:

-  Abraham – Genesis 17
-  Israel – Genesis 32:22-31
-  Paul – Acts 9:1-31 (after this Saul is referred to as Paul)
-  Peter – Matthew 4:18-22 and John 1:42

Ask them to explore these stories by using the following questions as a guide:

-  What does this story say about the person's identity as a disciple of Jesus?
-  What is the significance of the name change?
-  What does this story have to say about the Trinity?
-  Can you see how the relationship between God the Father, Son and Spirit comes out of this story?
-  What does this story have to say about family?
-  Is this character a child of God? How does this affect their life?

Bring the group back together and feed back your reflections on your chosen passage.

WORSHIP

- * Give some time for the young people to personally reflect over the last few sessions about discipleship and identity – get them to look back on any notes they have written or reflect back on the activities you have completed as a group.
- * Discuss together – is there anything new they have learnt, maybe something about Jesus or maybe something they have learnt about themselves?
- * Challenge them to think about how their life might look different as they root their identity in Jesus as the biblical characters above did – what change do they want to see in their life because they choose to be a disciple of Jesus?

Closing prayer

Ask everyone to stand up and form a circle... everyone needs to turn to the right and place a hand on the shoulder of the person in front and pray for that person out loud all at the same time. Then, turn to the left and do the same thing.

Or...

SESSION
FOUR

If your group is more comfortable praying out loud and want to be more intentional and specific, you can go around the room and pray for everyone individually, perhaps asking for any specific or personal prayer requests people might have.

Final thoughts...

While the group stuff is important, it's also important for young people to be able personally and more deeply to explore their identity in Christ. If they already have someone to chat to or a mentor, encourage them to continue exploring this stuff personally with them. If they don't, then as the group leader think about how you can encourage this practice amongst your young people in a safe and appropriate way.



1 1974

50¢

60 BIG PAGES

SUPER
AWESOME
1st
ISSUE

WHAT'S YOUR SUPERHERO NAME?

USE THE FIRST LETTER OF YOUR FIRST NAME

A = CAPTAIN	I = GREEN	R = SHADOW
B = TURBO	J = PHANTOM	S = AGENT
C = GALACTIC	K = DARK	T = SILVER
D = THE	L = GHOST	U = WILD
E = AQUA	M = PROFESSOR	V = WOLF
F = FIRE	N = ATOMIC	W = ULTRA
G = IRON	O = ROCK	X = WONDER
H = SUPER	P = OMEGA	Y = DOCTOR
	Q = ROCKET	Z = STAR

USE THE FIRST LETTER OF YOUR LAST NAME

A = X	I = BLADE	R = SURFER
B = SHIELD	J = BOLT	S = BOT
C = MACHINE	K = COBRA	T = GUARD
D = JUSTICE	L = BLAZE	U = THING
E = BEAST	M = SOLDIER	V = CLAW
F = WING	N = STRIKE	W = BRAIN
G = ARROW	O = FALCON	X = MASTER
H = SKULL	P = FANG	Y = POWER
	Q = KING	Z = STORM

What's Your Mermaid Name?

1. First Letter of your First Name:

- | | | |
|--------------|------------|-------------|
| A. Anemone | J. Jewel | S. Sapphira |
| B. Melusine | K. Kailani | T. Luna |
| C. Celestina | L. Lorelei | U. Undina |
| D. Delphina | M. Marina | V. Nerida |
| E. Aquilina | N. Nerissa | W. Una |
| F. Sirena | O. Oceana | X. Xenia |
| G. Gemma | P. Pearl | Y. Naida |
| H. Nami | Q. Cora | Z. Serena |
| I. Isla | R. Ariadne | |

2. Last Digit of your Phone Number

- | | |
|------------|------------|
| 0. Indigo | 5. Sparkle |
| 1. Swift | 6. Silver |
| 2. Storm | 7. Coral |
| 3. Green | 8. Crystal |
| 4. Glimmer | 9. Blue |

3. Your Birth Month

- | | |
|-------------|-------------|
| Jan. Star | Jul. Maiden |
| Feb. Tail | Aug. Reef |
| Mar. Sea | Sep. Shore |
| Apr. Fin | Oct. Dragon |
| May. Scales | Nov. Wave |
| Jun. Shell | Dec. Gale |

Be a Fairy Tale.com

Made for you by @be.a.fairytale

WHAT'S YOUR UNICORN NAME?

1ST LETTER OF FIRST NAME

A - Rainbow	N - Gilded
B - Sparkle	O - Silly
C - Glitter	P - Pokey
D - Fairy	Q - Sassy
E - Twirly	R - Merry
F - Fancy	S - Jolly
G - Lady	T - Disco
H - Feather	U - Prancing
I - Diamond	V - Fluffy
J - Ruby	W - Goofy
K - Lily	X - Bubbly
L - Electra	Y - Sweet
M - Giddy	Z - Wacky

BIRTH MONTH

January - Sunshine
February - Ponyweather
March - Creamsicle
April - Pudding Pop
May - Twinkle Toes
June - Cool Whip
July - Night Moon
August - Buttercup
September - Sprinkle Cake
October - Golden Twinkie
November - Pumpernickle
December - Snowflake



EIGHTIES BAND NAME GENERATOR

LEAD SINGER & THE ADJECTIVE BAND NAME

FIRST INITIAL

MIDDLE INITIAL

LAST INITIAL

LEAD SINGER = FIRST INITIAL

A = Axel	G = Dead Meat	M = Maverick	T = Magnum
B = Bender	H = Mr. Brownstone	N = Biff	U = Mork
C = Chunk	I = Bosco	O = Optimus	V = Venkman
D = Duckie	J = Johnny 5	P = Punky	W = Pee-Wee
E = Elliott	K = Crockett	Q/R = Rambo	X/Y/Z = Spazz
F = Ferris	L = Freddy	S = McFly	

BAND ADJECTIVE = MIDDLE INITIAL

A = Amped	G = Gnarly	M = Mondo	T = Tubular
B = Bitchin'	H = Hot Doggin'	N = New Wave	U = Stoked
C = Bangin'	I = Illin'	O = Righteous	V = Spiffy
D = Dope	J = Grody	P = Primo	W = Wicked
E = Excellent	K = Bogus	Q/R = Radical	X/Y/Z = Trippin'
F = Bodacious	L = Heinous	S = Spoon Gaggin'	

BAND NAME = LAST INITIAL

A = Airheads	G = Goobers	M = Mohawks	T = Thrillers
B = Boy Toys	H = Home Skilletts	N = Noids	U = Skeezers
C = Chill Pills	I = Gal Pals	O = Dweebs	V = Spaceballs
D = DeLoreans	J = Gremlins	P = Preppies	W = Wastoids
E = Dorks	K = Koozbanes	Q/R = Scumbags	X/Y/Z = Mallrats
F = Freaks	L = Luck Dragons	S = Shiz Nits	

Tweet Your Band Name to @RD80s! REDISCOVERTHE80S.COM