



cell outlines
FEBRUARY 2020

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](https://www.salvationarmy.org.uk/children-and-youth-resources)

WEEK 1

WELCOME

This month we are looking at serving and how it is fundamental to our walk as Christians. There are many different forms of serving – from doing something small for someone, to doing something that will cost you a lot (not just money but time, resources etc).

Activity: Order Up

Welcome the group and then divide them into two teams. Teams have to retrieve items from a table set up with random objects on it (eg, toilet roll, ruler, trainers, tennis ball, hula-hoop etc).

When the game begins, one person from each team will grab their team's serving tray, run to the organiser who will then quickly read out a list of items they have to fetch.

The first person who returns with the correct items and presents them in order wins a point for the team. The first group to three points wins.

Use the activity to emphasise - in order to serve well, we need to listen to the needs of those we will be serving.

WORD

Ask the group the following questions:

1. Do you find it easy serving others?
2. Why do people find it hard to serve other people?
3. Do you remember the last time someone went out of their way for you? How did you feel, and did it make you want to serve someone else?

Read these two verses:

1 Peter 4:10 (NIV)

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

John 13:1-17

It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end.

² The evening meal was in progress, and the devil had already prompted Judas, the son of Simon Iscariot, to betray Jesus. ³ Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; ⁴ so he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. ⁵ After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

⁶ He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?'

⁷ Jesus replied, 'You do not realise now what I am doing, but later you will understand.'

⁸ 'No,' said Peter, 'you shall never wash my feet.'

Jesus answered, 'Unless I wash you, you have no part with me.'

⁹ 'Then, Lord,' Simon Peter replied, 'not just my feet but my hands and my head as well!'

¹⁰ Jesus answered, 'Those who have had a bath need only to wash their feet; their whole body is clean. And you are clean, though not every one of you.' ¹¹ For he knew who was going to betray him, and that was why

he said not everyone was clean.

¹² When he had finished washing their feet, he put on his clothes and returned to his place. ‘Do you understand what I have done for you?’ he asked them. ¹³ ‘You call me “Teacher” and “Lord”, and rightly so, for that is what I am. ¹⁴ Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. ¹⁵ I have set you an example that you should do as I have done for you. ¹⁶ Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ Now that you know these things, you will be blessed if you do them.

Ask: What do these verses tell you how seriously God takes serving?

The passage in John’s Gospel gives us massive indications towards how God views serving. Jesus washed the feet of his disciples, an ultimate act of service. In 2020 we don’t place as much emphasis on our feet as people back in Jesus’ day would have done. However, close your eyes and imagine the roads, full of dust – or if it’s been raining, mud. You would have been wearing sandals with most of your feet exposed as you walked through the mud and animal waste. Imagine how disgusting it was, how filthy, how your sweat would have made the dirt become caked upon your feet. It is for this reason that it was highly important that feet were washed at the communal meal with a low table where people would lie down and stretch.

In v4, Jesus was getting ready to wash the disciples’ feet. They would have been dumbfounded that their King, their Master, their Teacher was doing something that the lowest of servants should be doing. If anything, it should be the disciples’ job to wash their master’s feet – hence Peter’s response in v8.

But remember what Jesus said in Matthew 20:28:

‘...just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for man.’

There is no role or job that is too big (or small) for Jesus. Therefore there is no role or job too big (or small) for you or me.

Ask:

- 🗨️ Would you wash the feet of your loved ones?
- 🗨️ Would you be able to wash the feet of someone you don’t know?
- 🗨️ In today’s world, it may not be a literal foot washing ritual, but what do you think today’s equivalent could be?
- 🗨️ Is this something you could challenge yourself to do this week?

Jesus was giving us the perfect example of what it means to have ‘a servant heart’. This is the ability to put the needs of others above your own and to care about them enough that you would want to act even if it is uncomfortable or inconvenient. It is a sign of humility. Jesus demonstrated this for us time and time again. Our faith is built on this truth, that the King of the universe came down and humbled himself by becoming our greatest servant.

WORSHIP

Get the group to pray for each other, that they will take opportunities to serve when the time arises.

📺 Share the following video (2m55s): www.youtube.com/watch?v=0k7b_PvJEs

Ask: Thinking about everything you’ve heard and done in this session, why should we serve?

ACTION

Write down three instances in the Bible where Jesus served someone else. Take home what you have written and stick them up in your room as a reminder that serving is something that we should be doing because Jesus did it too.

WEEK 2

WELCOME

Guess who ('Sprint Finish')

Split the group into two, and give each group 5-10 small slips of paper and pens. Ask everyone to write on the slips names of celebrities, fictional characters or historical figures and keep them secret. Place all the slips into a container. One person selects a slip of paper, reads it silently and then gives it to the opposing team members. That person then has to describe and/or act out the person on their slip without using their name. Their team mates must guess who it is. Set a time limit, and the team which guesses the most wins. (This works like the 'Sprint Finish' round on BBC-TV's *Question of Sport*.)

WORD

Knowing who you are is vitally important. When our identity is in question, we may walk into situations unconfident and unprepared. We are not equipped for the right places because our identity is in question. Getting our identity correct ensures that we are prepared, that we are ready, that we are sure. When you know who you are, you have access to all that you are entitled to.

Ask: Which title (brother, daughter, nephew, friend, etc) do you identify with the most and why?

If the group find this question difficult you can ask them if they ever find it difficult juggling being a good son, friend, student, sister, cousin etc. is any one of these titles more important to them than others?

When we look at the Bible there are tons of people whose identity could have been one thing, but instead they found security, hope and purpose in God.

Read the summary stories of Joseph, Gideon and Jesus below and get the group to call out all the negative identities each person could have been associated with based on their situations (some suggestions are in brackets). Then share with them what God says about them.

Joseph

In Genesis 37 we are introduced to Joseph. He had a bunch of brothers who didn't like him, so they sold him into slavery (*slave*). Eventually he went to prison (*criminal*) in Egypt (ch 39). For a while that became his identity: bad things were happening to him time and time again. But he trusted in God and he eventually became the equivalent of Prime Minister of Egypt (ch 41).

Gideon

Go to Judges 6 and we find a guy called Gideon. God had called Gideon to save his people from invasions by the Midianites, but Gideon didn't understand how that was going to happen. His clan was the weakest (*weak*) in his tribe, and he said he was 'the least' (*worthless*) in his family (v15). That was how he saw himself. But instead God calls him a 'mighty warrior' (v12).

Jesus

Jesus was from a town called Nazareth... and some said 'Nazareth! Can anything good come from there?' (*useless*) (John 1:46). That changed when the Son of God came from there. Remember also that Jesus was born as the son of a girl who got pregnant out of wedlock (*illegitimate child*). He would have grown up with people looking at him with disfavour and probably whispering about him. The identity of being an illegitimate son was put upon him; but we know that he is of royal blood.

Philippians 2:5-8 (NIV)

In your relationships with one another, have the same mindset as Christ Jesus:

⁶ who, being in very nature God,
did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing
by taking the very nature of a servant,
being made in human likeness.

⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death –
even death on a cross!

Our identity is found in Jesus. We are a part of his Kingdom, and as such we find our example in him. Jesus didn't regard serving as a chore, but understood that serving was a part of who he is.

 **Read Matthew 23:11-12 (NIV)**

'The greatest among you will be your servant. ¹² For those who exalt themselves will be humbled, and those who humble themselves will be exalted.'

Ask: What does this mean to you?

The higher you go, the lower you need to be; the greater you are, the more servant-like you need to be. Those who are self-centered and boastful will eventually come to terms with the fact they are 'merely' human and therefore flawed, whereas God will reward anyone who serves others before themselves.

WORSHIP

 Watch this video: www.youtube.com/watch?v=B4ZhW2wVGf8

Ask:

-  Who is the most humble person you know? What is it about them that makes you think they are humble?
-  What stops you from being more humble?
-  Do you see humility as a strength or a weakness? Why?

Get the group to split off into pairs and pray for one another, that they will become more like Jesus.

ACTION

Print off the questions on the following page and ask the young people to write down where they think they are on the scale. Then reflect on the questions underneath.

0 = not at all 10 = all the time

										Serving God
0	1	2	3	4	5	6	7	8	9	10
10	9	8	7	6	5	4	3	2	1	0
Serving yourself										

Why have you rated yourself here?

Is it possible to serve God fully and serve yourself fully at the same time?

How can you improve your score?

WEEK 2 RESOURCE – WITNESS

How often do you serve God?

How often do you serve yourself?

Circle your answer on the scale below (0 = not at all – 10 = all the time)

SERVING GOD										
0	1	2	3	4	5	6	7	8	9	10
10	9	8	7	6	5	4	3	2	1	0
SERVING YOURSELF										

Why have you rated yourself here?

Is it possible to serve God fully and serve yourself fully at the same time?

How can you improve your score?

How often do you serve God?

How often do you serve yourself?

Circle your answer on the scale below (0 = not at all – 10 = all the time)

SERVING GOD										
0	1	2	3	4	5	6	7	8	9	10
10	9	8	7	6	5	4	3	2	1	0
SERVING YOURSELF										

Why have you rated yourself here?

Is it possible to serve God fully and serve yourself fully at the same time?

How can you improve your score?

WEEK 3

WELCOME

Everything has a purpose.

Cut out 'Body part' and 'Function' sections and ask the group to link the parts with their correct functions.

Body part	Function
1. Brain	a. Secretes hormones into the blood
2. Nervous system	b. The body's control centre
3. Endocrine system	c. Takes in oxygen and expels carbon dioxide
4. Respiratory system	d. Detoxifies and controls harmful chemicals
5. Kidneys	e. Controls both voluntary and involuntary actions
6. Liver	f. Pumps blood throughout the body
7. Heart	g. Removes waste and extra fluid from the blood

Answers: 1b 2e 3a 4c 5g 6d 7f

WORD

[Jesus said] 'The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.' John 10:10 (NIV)

Jesus' purpose shaped everything he did. He came, putting humanity before himself, to give his life for humanity. Jesus was humble and his humility allowed him to serve people wholeheartedly. Whilst we all have an individual, specific purpose in life, as Christians our shared purpose is to share Christ with the world. When we live a life of purpose, it shapes everything we do, including the way we serve.

John 10:10 follows from what has happened in the chapters beforehand. Cut out the following summaries (available at the end of the document) and present them as a timeline, going through the talking points in between.

John 7

- * There is dispute amongst the Jewish leaders and the common folk as to who Jesus really is.

John 8

- * Jesus stops a woman from being stoned, saying that he does not condemn her, and that his purpose is to be the light of the world.
- * People are still having disputes about who Jesus is.
- * Jesus clarifies who he is. In v58 he uses the term 'I am' which is a Jewish name for God and signifies that he is God.

Point out that people will often make their own claims about who Jesus is, when the best thing we can ever do is ask him directly. When you find out who Jesus really is, everything changes.

SESSION
THREE

Ask:

- 🗣️ 'I am' can be followed by so many words describing God. For example, 'I am powerful', 'I am holy', 'I am a healer', 'I am God'; the list is endless. Which attribute is God revealing to you most clearly at the moment?
- 🗣️ How does this change your daily outlook on life?

John 9

As Jesus and his disciples were walking they spotted a blind man.

The disciples asked if the man's blindness was a punishment for his parents' sin or a punishment for the man's own sin. Jesus explains that specific sins in the past don't always correlate with specific suffering in the present. The explanation for this blindness is not found by looking for its cause but by looking for its purpose.

Jesus then says that it was neither the parents' nor the man's fault he was born blind, but simply so that God's power could be known and displayed in him.

Living life with purpose means understanding that your story, too, is an opportunity for God to highlight his power.

Jesus heals the man and he is checked out by everyone. Some believe that he is the same man, but others think not. The Pharisees even threw the man out of the synagogue, believing him to be 'steeped in sin at birth' (v34).

Living life with purpose means speaking your truth – the truth of Jesus – even if it costs you your social standing.

The Bible doesn't tell us how the once blind man responded at this point, but based on Jesus' teachings we know that our response today should be to:

1. *Demonstrate the love of God*
2. *Show forgiveness to others*

Ask:

Which of these four points means the most to you at the moment, and why?

1. Living life with purpose means understanding that your story is an opportunity for God to highlight his power.
2. Living life with purpose means speaking your truth, the truth of Jesus, even if it costs you your social standing.
3. Living life with purpose means demonstrating the love of God.
4. Living life with purpose means forgiving others, not holding any resentment.

WORSHIP

- 📺 Listen to 'My Worship' by Phil Thompson – www.youtube.com/watch?v=tYGxg2uUOJg

Then get the group to pray for each other, that they will take opportunities to serve when the time arises.

WITNESS OR ACTION

As a group, come up with five things that you can do this week to be purposeful in your serving.

WEEK 3 RESOURCE – WELCOME

Everything has a purpose.

Cut out 'Body part' and 'Function' sections and ask the group to link the parts with their correct functions.

BODY PART

FUNCTION

1. Brain	a. Secretes hormones into the blood
2. Nervous system	b. The body's control centre
3. Endocrine system	c. Takes in oxygen and expels carbon dioxide
4. Respiratory system	d. Detoxifies and controls harmful chemicals
5. Kidneys	e. Controls both voluntary and involuntary actions
6. Liver	f. Pumps blood throughout the body
7. Heart	g. Removes waste and extra fluid from the blood

WEEK 3 RESOURCE – WORD

John 7

There is dispute amongst the Jewish leaders and the common folk as to who Jesus really is.

John 8

- * Jesus stops a woman from being stoned, saying that he does not condemn her, and that his purpose is to be the light of the world.
- * People are still having disputes about who Jesus is.
- * Jesus clarifies who he is. In v58 he uses the term 'I am' which is a Jewish name for God and signifies that he is God.

John 9

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The disciples asked if the man's blindness was a punishment for his parents' sin or a punishment for the man's own sin. Jesus explains that specific sins in the past don't always correlate with specific suffering in the present. The explanation for this blindness is not found by looking for its cause but by looking for its purpose.

Jesus then says that it was neither the parents' nor the man's fault he was born blind, but simply so that God's power could be known and displayed in him.

Jesus heals the man and he is checked out by everyone. Some believe that he is the same man, but others think not. The Pharisees even threw the man out of the synagogue, believing him to be 'steeped in sin at birth' (v34).

John 10

Jesus carries on explaining his role and who he is, describing himself as the true and good shepherd.

It's here that we wind up with the verse:

[Jesus said] 'The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.'

WEEK 4

WELCOME

Activity: Give out the blank 'bingo' cards and get the group to write in each box one thing that is great about being part of a family. They should end up with nine things in total.

As you read out the following list (or add in words of your own) the group will need to cross out any words they also have on their sheet. Once they get three words in a column, row or diagonally they shout 'BINGO!'

Love	Celebrating together	Money	Company	Always there for you
Friendship	Hugs	Being known	Someone to talk to	Belonging

Discuss any additional words they have on their sheets that you didn't mention.

WORD

John 1:12 (NIV)

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.

Humbly serving allows us to understand two things we get from being a child of God:

1. Safety: we do not fear the world.

 1 Timothy 1:7 – 'For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.'

2. Authority: you have a confidence in who you are because of who he is.

 **Read Joshua 10:12-15**

Ask: How do we become a part of God's family?

Christianity can be explained as restoration, redemption and renewal. It is God's plan of rescue:

The story of restoration: the act of returning something to its former, original or normal condition.

'Now repent of your sins and turn to God, so that your sins may be wiped away. Then times of refreshment will come from the presence of the Lord, and he will again send you Jesus, your appointed Messiah. For he must remain in heaven until the time for the final restoration of all things, as God promised long ago through his holy prophets.' (Acts 3:19-21 NLT)

The story of redemption: the act of regaining or gaining possession of something in the form of payment or clearing a debt.

'When we were utterly helpless, Christ came at just the right time and died for us sinners. Now, most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. But God showed his great love for us by sending Christ to die for us while we were still sinners. And since we have been made right in God's sight by the blood of Christ, he will certainly save us from God's condemnation.' (Romans 5:6-9 NLT)

The story of renewal: the act of repairing or replacing something that is damaged, worn out or run down.

'This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!' (2 Corinthians 5:17 NLT)

Ask: Out of restoration, redemption and renewal, which explanation do you connect with most? Why?

1 Corinthians 7:23 – 'You were bought at a price; do not become slaves of human beings.'

The use of the word 'bought' makes us realise that we are precious and expensive – in fact, worth paying for. The imagery implies that we therefore now belong to someone else. We are no longer our own because Jesus died for us and paid for us using his blood, and now we belong to him (1 Corinthians 3:23) and it was all through love that Jesus did it for us (Romans 5:8).

Ask: How does it make you feel knowing that you belong to God's family?

WORSHIP

- ▶ Listen to 'Look how he lifted me' by Elevation Worship – www.youtube.com/watch?v=V20My43Etlc – as you listen to the song, allow the group to create a piece of art to illustrate what living a life as a part of God's family looks like to them. They can use symbols, colours or drawings to demonstrate this belonging.

Write down a prayer of thanks to God as to why you are happy that you are part of his family.

WITNESS OR ACTION

Think about someone you know who doesn't yet belong to God's family, and pray for an opportunity to share God's story of restoration, redemption and renewal with them this week.

As a group, come up with five things that you can do this week to be purposeful in your serving that will help others come into this family of God.

WEEK 4 RESOURCE – WELCOME (BINGO CARDS)

