



# SERVICE

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



## INTRODUCTION

YCMU's All Terrain Podcast explores Alexander Shaia's Quadratos – an ancient, but new to us, way of looking at the Gospels. Written about in 'Heart and Mind,' Shaia suggests that each Gospel is written to a particular question. Matthew asks, how do we face change? Mark, how do we move through suffering? John, how do we receive joy? And finally Luke, how do we mature in service? As we face a global pandemic, we have seen all four questions become significant to us all. Our dedication is to help our young people in how they do discipleship; when everything has changed, when suffering feels all around us, when joy feels far away and when service looks like never before.

Before starting we would recommend listening to a few episodes of the All Terrain Podcast to give you a better and deeper understanding of this framework. You can find it on most podcast platforms. Click for direct links on [iTunes](#), [Spotify](#) and [Podbean](#).

The special edition episode with Alexander Shaia would be an excellent listen as you prepare yourself to delve into these questions with your young people, available [here](#).

Reading through each session well in advance will give you time and space to ensure you are comfortable with the technology you choose to use and make sure you and your young people have everything you need to participate.



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### WELCOME

Icebreaker: Create a group 'virtual handshake':

We've all seen people who have developed a fancy handshake with many complicated fist-bumps, slaps etc. Obviously it's not possible to shake hands across Zoom, but why not try and create a 'virtual handshake'! The group leader starts off by doing an action. This could be as simple as a wave or thumbing your nose or could be as complicated and energetic as doing a burpee or running past the screen screaming! Then the next person in the group copies that and adds a new action to it. Get everyone to try the two actions together. Get the next person to add a third action and so on until everyone has added an action and you have a chain of random actions. Feel free to go around the group several times if you're feeling particularly brave/creative! Congratulations! This is your new group 'virtual handshake'. Can you all remember the whole handshake? Will you remember it next time you meet? Perhaps it could be used every time you meet someone in the group!

Who is the kindest person you have ever met? Why did you choose them?

### WORD

- \* Share the following text, or ask the young people to look it up on their phones or in a Bible, and ask the young people to read it one verse at a time (or however works for your group).

 Read Luke 10: 1-7 (CEV)

**Later the Lord chose seventy-two other followers and sent them out two by two to every town and village where he was about to go. He said to them:**

**A large crop is in the fields, but there are only a few workers. Ask the Lord in charge of the harvest to send out workers to bring it in. Now go, but remember, I am sending you like lambs into a pack of wolves. Don't take along a moneybag or a travelling bag or sandals. And don't waste time greeting people on the road. As soon as you enter a home, say, 'God bless this home with peace.' If the people living there are peace-loving, your prayer for peace will bless them. But if they are not peace-loving, your prayer will return to you. Stay with the same family, eating and drinking whatever they give you, because workers are worth what they earn. Don't move around from house to house.**

-  For the following discussion you might want to share a whiteboard and record suggestions as you go along, or get the group to write in the chat.

Discussion: As a group, come up with what you think the qualities of a peace-loving person should be.

Question: Would you class yourself as a peace-loving person? Why? Why not?

*Say: In these verses, Jesus seems to be suggesting that his followers prioritise spending time with peace-loving people. In this story Jesus' followers are travelling to towns Jesus hadn't been to before so these peace-loving people wouldn't have been followers of Jesus - you don't have to be a follower of Jesus to be a hospitable, peace-loving person!*

### ACTION

- \* Make a list of the peace-loving people you know in a notes app on your phone / on a piece of paper. They may be a person from school, your family, someone you met on holiday... anyone! If you feel comfortable to do so, why not share one of these names with the group and why you chose them.
- \* How could you team up with the peace-loving people you know to help change your community?
- \* This week, get in touch with one or two of the peace-loving people you know from your community (this could

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## SESSION ONE

be your physical community or an online community). Have a conversation about which issues that affect your community they feel passionate about. If you have an issue you both feel strongly about, talk about what you might do together that could bring transformation around this issue.

### PRAYER

If they don't have it already, ask the young people to download the PrayerMate App (for [Android](#) or on [Apple](#)). Alternatively they could start a paper prayer diary in a notebook or on a sheet of paper. Ask them to create a list for the people in your cell group as well as a second list of the peace-loving people they know.

Open up the app, swipe left and take it in turns to read out the name of the person on the top of your list! You could simply read the name – or if you want to say something more, great! Try to pray for someone from your list every day this week. You could even add new lists of friends and family (or even people you don't get on with!) as well.



# RISKY BUSINESS

## WELCOME

This session we'll be thinking about taking risks. So during the session the young people are going to have to take a risk! Tell them that they're each going to get given a secret phrase to sneak into the conversation during the session. Using the private message function of the text chat feature, send each member of the group a phrase to try and sneak into the conversation during the session. If someone in the group thinks the person has just said their secret phrase, they should wave like crazy and see if they managed to catch them out! At the end of the session, see who managed to sneak their phrase in without the group noticing. Make sure you have some appropriate phrases ready before the session (ideally in a document you can copy and paste them from to save time) and that your group monitor also knows what phrases you will be using. Try and make the phrases at least possible to sneak in. Examples might be:

- \* I just can't stand cappuccino.
- \* It was at a circus in Belgium.
- \* Pepparami – it's a bit of an animal.
- \* It just popped out of my nostril.
- \* I once met a dolphin trainer.
- \* Donald Trump is a hero of mine.

If you **really** trust your group, you might get them to give each other phrases instead!

## WORD

**Say:** Jesus was very controversial. He was well known for spending time with people such as the sick, the poor, cheats, rebels and even collaborators with the Roman invaders – all people that (most) respectable Jewish people would have done their best to avoid. He even went as far as inviting them to follow him and become his disciples. One example is when he calls Levi to follow him.

Practise some Lectio Divina using the following passage. You might want to share these on the screen. The stages are:

- \* **Read** – Read the passage slowly, really focusing on it and imagining the original writer reading it to you. Look for words or phrases that jump out at you. Then read it again, even more slowly and focusing on the words that stood out to you.
- \* **Meditate** – Think about the phrase that really stood out to you and imagine yourself in the situation of the passage you read. Ask the Holy Spirit to speak to you. Does the passage resonate with a situation you're facing at the moment?
- \* **Pray** – Take all those thoughts and feelings and offer them to God in prayer. It might be something you want to thank God for, or perhaps something to ask him for strength to deal with.
- \* **Contemplate** – Just take some time to be silent with God. This stage is often overlooked but is important for building your relationship with God.

### Read Luke 5:27-31 (CEV)

<sup>27</sup> Later, Jesus went out and saw a tax collector named Levi sitting at the place for paying taxes. Jesus said to him, 'Come with me.' <sup>28</sup> Levi left everything and went with Jesus.

<sup>29</sup> In his home Levi gave a big dinner for Jesus. Many tax collectors and other guests were also there.

<sup>30</sup> The Pharisees and some of their teachers of the Law of Moses grumbled to Jesus' disciples, 'Why do you eat and drink with those tax collectors and other sinners?'

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## SESSION TWO

<sup>31</sup> Jesus answered, 'Healthy people don't need a doctor, but sick people do. <sup>32</sup> I didn't come to invite good people to turn to God. I came to invite sinners.'

**Feedback:** Does anyone have anything they might want to share from their experience?

**Discussion:** How might it have felt for those people who were known as 'sinners' to be looked down upon by the other people from their community?

### ACTION

With our recent experience of social distancing and self-isolation, people who don't have a lot of friends could be feeling particularly vulnerable. Invite the group to think about the people they know at school, college, local areas or church who might be feeling the most isolated. This may be because they are people who have few close friends at school, either because they are shy or different in some way, or perhaps because they feel they need to bully others and so people don't want to be their friend.

**Question:** What might you do to help them feel less isolated?

**Question:** Are you brave enough to reach out in kindness to those people who may have been a bully to you or your friends and family in the past? How might you do this safely, and who will you talk to about it if you don't get a kind response?

### PRAYER

If you use the Prayer Mate App, add a list of those people you have identified as people who may be feeling isolated.

Find an object from around your room that makes you think about one of the people you identified as potentially feeling isolated. Explain why you chose that object and say a single sentence prayer for that person.

Try and remember to pray for that person each time you see that object over the next week.

### WRAP-UP

Don't forget to review who managed to sneak their phrases in during the session!

## PERSPECTIVE

### WELCOME

Ask all the young people to grab one object from their house. Doesn't matter what it is. When they are back, tell them they'll each have 30 seconds to come up with as many theoretical uses of the object as they can. (If you have more time or a smaller group you might want to give them 60 seconds.) Encourage them to be as creative as possible. For example, a tortilla wrap could be a meal, an umbrella, a Captain America shield, a tablecloth, the Earth, etc. The winner is the person who comes up with the most different uses.

Here is a story about how different people see things in a different way.

### WORD

Read the following passage to the young people. Where indicated by [PAUSE], pause reading and ask the young people to act out the emotion/feeling that they think the person was experiencing at the time (this could be just using their face or their whole person). Pick one person from the group and ask the others to guess what emotion they think they were trying to act, then ask the actor to describe which emotion they were attempting to act and why they chose it, before you carry on reading.

#### **Luke 7:36-39, 44-47 (CEV)**

36 A Pharisee invited Jesus to have dinner with him. So Jesus went to the Pharisee's home and got ready to eat. [PAUSE]

37 When a sinful woman in that town found out that Jesus was there, she bought an expensive bottle of perfume. 38 Then she came and stood behind Jesus. She cried and started washing his feet with her tears and drying them with her hair. The woman kissed his feet and poured the perfume on them. [PAUSE]

39 The Pharisee who had invited Jesus saw this and said to himself, 'If this man really were a prophet, he would know what kind of woman is touching him! He would know that she is a sinner.' [PAUSE]

...

44 He [Jesus] turned toward the woman and said to Simon, 'Have you noticed this woman? When I came into your home, you didn't give me any water so I could wash my feet. But she has washed my feet with her tears and dried them with her hair. 45 You didn't greet me with a kiss, but from the time I came in, she has not stopped kissing my feet. 46 You didn't even pour olive oil on my head, but she has poured expensive perfume on my feet. 47 So I tell you that all her sins are forgiven, and that is why she has shown great love. But anyone who has been forgiven for only a little will show only a little love.' [PAUSE]

**Say:** One thing we can learn from this story is how Jesus sees things in a different way from many people. Instead of thinking 'This is awkward' or 'Oh no, if I hang about with her it will make me look bad' or 'That's a waste of perfume', Jesus instead sees the beauty in the situation. He then uses it as an opportunity to praise her for her act of love, and to challenge Simon's way of seeing the world and the people in it.

#### Discuss:

-  How do you think Jesus' praising the woman for her act of love would have made her feel, and why?
-  How might that have affected the woman's life and actions moving forward?
-  How might this experience have affected Simon's life and actions in the future?

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## SESSION THREE

### ACTION

**Say:** Church planter and author Bev Murril would say that Jesus was 'Speaking Life' into the situation. By Jesus speaking words of love and life instead of focusing on the negatives, he changes the spiritual atmosphere in the room! Speaking Life doesn't mean you just ignore the bad stuff (Jesus still challenges Simon on his attitude, for example). It does mean you actively look for opportunities to encourage people, let people know they matter to you and show them they are valued and loved, until it becomes second nature. If you can do this, it can make a dramatic difference to the world around you and the people you spend time with.

**Activity:** Using the whiteboard function, the chat box (or a bit of paper), ask the young people to write up as many different places, groups of people, communities that they are a part of (eg, home, family, church, Facebook groups, Instagram, friendship groups, etc).

**Discuss:** What opportunities are there for you to 'Speak Life' into each of these over the next week?

### PRAYER

Ask the young people to send a random message of encouragement to one person they know now (by text, Whatsapp, Instagram, Marco Polo... however they choose).

Give the young people a few minutes in silence to pray for that person and their situation, that they may feel loved and valued.