**Principles for Cell Life**

***R Group Lesson – Principle #1***

**“COME READY TO SERVE”**

***Icebreaker:*** Tell about a time when someone did something totally unexpected for you which served you in some way. How did it make you feel?

***Scripture: Galatians 5:13***  *For you, brethren, have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another.*

***Principle #1:* Come Ready to Serve**

*Principle #2:* Be a Good Listener

*Principle #3:* Come Prepared to Minister

*Principle #4:* Open Your Life to Others

*Principle #5:* Take Initiative

*Principle #6:* Resolve All Conflicts

*Principle #7:* Its More Than a Meeting

*Principle #8:* Multiply The Ministry

***Lesson:*** This principle should characterize every aspect of your participation in our Restoration group. Cook the meal for the family with a new child. Type out a schedule. Host the meeting. Clean up after an outreach event. Be willing to get involved in serving other members of the group. Successful groups are made up of people who are more concerned about what they can give rather than what they can get.

1. What keeps us from getting involved in the lives of other people? Are we afraid of being taken advantage of? Are we not sure about what to do? What has been your experience with serving others prior to this time?
2. How can we serve others without being taken advantage of? What are appropriate boundaries for you time and resources?
   1. Sympathy – Feeling sorry for another person. Calling down into the pit to show that you care.
   2. Over identification – Becoming like another person so you know how they feel. Crawling down into the pit yourself.
   3. Empathy – Caring for another person. Reaching down into the pit and helping them out.
3. What are you willing to do right now for some one in the group that you are not currently doing? What is your gifting? How can your gifts and talents be used in a greater way to see lives changed and your cell grow in greater Christ likeness?
4. How are you being taken advantage of right now? What are you willing to change to bring a more balanced approach to you ministry? “No” can be a complete sentence.

***Ministry Time:*** Pray into the ministry situations brought out in the discussion. Pray for persons who are currently serving ministry; pray anointing and wisdom as they minister.

***R Group Lesson – Principle #2***

**“BE A GOOD LISTENER”**

***Icebreaker:*** Tell about a time when someone listened to you as you shared a deep concern or need. What did you need for them at that time?

***Scripture: James 1:19*** *So then, my beloved brethren, let every man be swift to hear, slow to speak, and slow to wrath.*

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***Lesson:*** One of the best ways to show our love for another person is to listen to them. When someone shares in the meeting or is talking with you one on one, give them your full attention. Make eye contact and posture yourself in a way that says, “I’m interested in what you have to say.” Ask open ended questions that give them the chance to talk about themselves. Every person has a fascinating story to tell, but only the wise know how to draw it out.

1. Is it hard for you to listen to someone else without feeling compelled to talk about yourself? Are you able to listen and point them to God or do you have to give advice? What is it about listening to others that we find hard?
2. Do you feel that people listen to you? Do they hear you or are they already forming in their own minds how they are going to respond even before you have finished speaking? What can you learn from this to make your own ministry as a listener more effective?
3. What are some drawbacks from being “too good a listener?” How can you avoid letting a person ramble on and on yet still hear the person and minister to their need? Is listening simply letting someone talk or does it also involve actively responding to what someone is saying?
4. How can we give a person honest feedback? Sometimes all a person needs is to be able to “think out loud.” Responding with, “What I hear you saying is …” helps as much as anything.
5. Listening to another person also gives us insight into how to pray for that person. People generally know what the problem is. Listening helps give us a place to begin to pray into the problem.

***Ministry Time:*** Pray into the lives of each person. Ask God to help each person to become a better listener.

***R Group Lesson – Principle #3***

**“COME PREPARED TO MINISTER”**

***Icebreaker:*** Tell about a time when other people have ministered you to in a significant way. What was the setting? What practical things did they do?

***Scripture: Galatians 6:1-2*** *Brethren, if any man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness considering yourself lest you also be tempted. Bear one another’s burdens and so fulfill the law of Christ.*

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***Lesson:*** God wants to work through each of us to spread His life to those around us. We do not need to be perfect, simply available. As someone who shares a need or hurtful situation in your group, be open to the Lord using you to speak a word of blessing, encouragement, knowledge or wisdom. Lay hands on one another and minister the life of Jesus to every person in the group. Remember, God uses ordinary people to do extra ordinary things.

1. Providing someone the opportunity to bring their situation or need to Jesus in the midst of the group takes us from talking about the problem to taking the problem to someone who can do something about it. What keeps people from sharing their real needs and true concerns?
2. How can we make our Restoration group a safe place for people unload their baggage? What do you consider a safe place to unload your baggage? What practical things can we do to make our multiplication cells ministering groups of people?
3. What are ways that we can practically “bear one another’s burdens?” How can we minister to needs outside of the cell meeting?
4. The practical aspects of “laying on of hands” are: Put the person being ministered to in the middle of the group. Have them briefly share the situation or need. Lay hands on the person and go to prayer, praying in the Spirit or with understanding in concert with the other members of the group. After a period of prayer, come to a time of silence, waiting on the Lord for direction on how to pray. Pray according to the Sprit’s direction, allowing the gifts of the Holy Spirit to operate. Finish by praying blessing on the person and into the need or situation.

***Ministry Time:*** Minister personally to needs within the group.

***R Group Lesson – Principle #4***

**“OPEN YOUR LIFE TO OTHERS”**

***Icebreaker:*** Describe a time when you became vulnerable to other people. In a small group. In the hospital. In a setting of friends. Was your confidence betrayed or held? How did you feel making the choice to trust other people?

***Scripture: James 5:16*** *confess your trespasses to one another, and pray for one another, that you may be healed.*

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***Lesson:*** Close relationships demand intimacy, and intimacy requires transparency. Letting people know us at our point of need can be hard because we fear rejection. Allowing others inside the “real me” makes us vulnerable. Your Restoration group is a safe place to open up and share the real you. It a place of love for who you are, acceptance as you are, and forgiveness no matter what.

1. Does the idea of confessing your sins to another person scare you? If so, why? What is it about transparency that we find hard? How can we overcome our fears?
2. Being in an R Group is a lot like being in a family. You see things and hear things that others outside the group do not need to know about. Can you be trusted to not talk about something someone else considers personal? Are you willing to hold the confidences of others even when to betray that confidence may benefit you personally?
3. Sometimes opening your life to others means going first in becoming real with your issues. It is taking a step of faith in being willing to trust the other members of the group. Are you willing to be the person who takes the group to a new level of trust and intimacy?
4. Do you want to be loved for who you are? Do you want to be accepted as you are? Are you willing to walk in forgiveness no matter what? Are you willing to extend this same love, acceptance and forgiveness to others that you want for yourself?

***Ministry Time:*** Minister to the needs of the people within the group. If any sensitive issues have been shared with the whole group, have the whole group gather around this person and minister to their need.

***R Group Lesson – Principle #5***

**“TAKE INITIATIVE”**

***Icebreaker:*** Are you a self-starter who can see a need and meet it or are you a person who is willing to help if someone else tells you what needs to be done?

***Scripture: Ephesians 4:16*** *from whom the whole body, joined and knit together by what every joint supplies, according to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love.*

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***Lesson:*** The leader has the job of guiding your group, but they need the help of everyone in the group. Support them by leading out in discussion, asking a question, praying for another person, or inviting someone new to the group meeting. Do not wait to be asked to involve yourself in something that interests you, volunteer. If you see a need within the group, whether in the meeting or outside it, go ahead and minister into the situation.

1. For your Restoration Group to be healthy, it takes every person playing their part. Are you willing to take the initiative to do your part and do what is needed? All of us have gifts, talents and insights which can benefit others if we will take the initiative to share them.
2. The broader vision is not only for your group to be a place of life and ministry but for you to grow into leading an R Group yourself. Are you willing to take the initiative to learn what you need in order for you to become a leader yourself. What do you feel needs to be added to your life in order for you to lead your own cell?
3. The aim is that the whole body be edified and be built up. As each person does their part, it benefits the whole body. As your cell is healthy and multiplies itself, the body is strengthened and grows in number. More people are brought into a saving, healing, delivering relationship with Jesus Christ. Are you willing to take the initiative to get on the team and help this vision to become a reality?

***Ministry Time:*** Pray into the things that may be keeping people from seeing themselves as leaders. Release the anointing of God into their lives and pray that future Restoration group leaders will come out of the people found in the group. Minister to any personal needs the group may have.

***R Group Lesson – Principle #6***

**“RESOLVE ALL CONFLICTS”**

***Icebreaker:*** Do you enjoy conflict? Tell about a time you avoided conflict. What was the result? Tell about a time you met the conflict head on. What was the result?

***Scripture: Matthew 18:15*** *… if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.*

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***Lesson:*** Every family has conflicts. The issue is, “How are the conflicts resolved?’ Withdrawal is not an option. Nor is gossip or backbiting. Silently enduring the offense only leads to bitterness. The only way out is to calmly approach those who offend you, ask good questions to establish their actions and motives, and give or receive forgiveness as the situation demands. None of us do things exactly like others wish we would. A crucial phase in group life is working through our old assumptions and expectations in order to fulfill the purposes of ministry and outreach. Don’t run from conflict, work through it.

1. Conflict is a natural part of relationships. How have you handled conflict in the past? Do you avoid it or work through it? In an R Group, it is important that conflicts are addressed quickly and with resolution.
2. What is the difference between having your brother sin against you and having a difference of opinion? Many times we are offended because someone disagrees with us. No actual sin has been committed; the person just did not do what we wanted or say what we wanted them to say. Knowing the difference is important in bringing resolution to the conflict.
3. In resolving conflict, the tendency is to try to prove one opinion right and the other opinion wrong. A better way is to come to a win – win solution. If actual sin is involved, the offender needs to be confronted and the sin dealt with. If opinions are involved, conflict must be resolved with the differences in thought not breaking fellowship. Just because you disagree does not mean you cannot still be friends.

***Ministry Time:*** Do you know of anyone with whom you need to resolve a conflict. What is holding you back from doing so? Pray into these situations and into any other needs raised in the group meeting.

***R Group Lesson – Principle #7***

**“IT’S MORE THAN A MEETING”**

***Icebreaker:*** Have you ever been involved on a team? How did it feel to be working together with others for a common goal. Could you have accomplished the same thing by yourself.

***Scripture: 1 Corinthians 12:12*** *For as the body is one and has many members, but all the members of that one body, being many, are one body, so also is Christ.*

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***Lesson:*** The goal of the R Group is to become family for one another. God’s family! Being involved in each other’s lives through out the week helps this to happen. Go out to lunch with each other. Take the kids to the park. Call each other on the phone. Be an accountability partner. Finding ways to connect outside the regular meeting makes the meeting that much more meaningful. Christian community results as we look not only to our own interests but also to the interests of others.

1. What are some ways you can be involved with other members of your group at times other that your meeting time? Do you understand the necessity of this?
2. Are you experiencing true fellowship in this group? Are you connecting with others in a way that gives you peace and security? Do you feel the people in the group care for you or do you feel out of place and out of fellowship?
3. What do you think of the idea of the R Group becoming like a family? In what ways is this already happening for you? In what ways could you connect at a deeper level so that community could be realized?

***Ministry Time:*** Minister to the needs raised in the group discussion. You may want to minister together as a larger group if there are those who do not feel connected. Encourage meeting times outside of the cell meeting. Set these up before you leave.

***R Group Lesson – Principle #8***

**“MULTIPLY THE MINISTRY”**

***Icebreaker:*** Have you ever been involved in something in which you started out as a participant and ended up being the leader? What was the progression in your experience? How did you respond to the increase in responsibility and the change in roles?

***Scripture:* Genesis 1:28** *Then God blessed them, and God said to them, “Be fruitful and multiply; fill the earth and subdue it; have dominion …*

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***Lesson:*** What you experience as a Restoration Group is special. As you hurt for and rejoice with one another, a close bond of friendship is the result. This level of security is what many of us desire. The natural outgrowth of being ministered to in this way is to reach out to those around us who desire the same experience. We are to “go and do likewise.” Multiplication is the natural climax of a healthy group and a normal part of R Group life. You are encouraged to help start another group with the new leader being commissioned as you feel led to do so. As a new Restoration group begins, the life you are now experiencing is multiplied into a whole new group of people. Jesus is in your midst and His presence makes all the difference.

1. How have you experienced the ministry of this group? What are the strengths? What are the weaknesses? If you were the leader, what would you do differently?
2. Are there people you currently know of that would like to be in a group if they had the opportunity? Can you see yourself leading a Restoration group? What if anything is holding you back from assisting the current Restoration group leader in preparation for leading a R group yourself ?
3. How do you feel personally when the idea of you leading your own R Group is raised?
4. Would you be willing to receive further training to make you a more effective minister and leader?

***Ministry Time:*** There may be those who have come face to face with the call to leadership. Pray over these people as a group. Pray that God would bring all the right pieces together so that a new Restoration Group can be established and the life of Jesus Christ can be multiplied.