



Cell Values - Sacrificial love and honest relationships

Welcome (10 mins)

Get each person to say something encouraging to the person on their left and then on their right (in an ordered way!), or write it down.

Worship (20 mins)

Take a number of objects and place them in the middle of the room. Put on some worship music and give each person some time to take an object. Go round the group and ask each person to say how that object reminds them of an aspect of God. Give thanks together for who God is.

Word (40 mins)

Go into 2 groups:

Group 1 - read 1 Thes 3:12 & Hebrews 10:24-25

Group 2 - read Eph 4:14-16 & 1 John 4:7-8

Get each group to separately answer these questions:

- From these verses, what can we learn about how we should be towards each other?
- What things make you feel loved?
- What things make you feel unloved?
- How does feeling loved help you to be open and honest?

Witness (20 mins)

Ask if anyone needs encouragement & strength from God at this time - pray as a group for them.

Now discuss together practical ways that you can put love and encouragement into your friendships with people who don't know Jesus yet. Pray for these people.

Notes