



cell outlines
MARCH 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

SESSION
ONE

WEEK 1

WELCOME

Welcome the group and tell them that we will be looking at how humility plays a key role in our service to others.

On a large piece of paper, draw an outline of a person. Title it Mr/Miss Humble. Inside the image, get the group to write down any words they associate with being humble. Draw thought and speech bubbles around the figure and allow the group to fill them with suggestions about what humble people think/say.

Review the sheet and discuss any repeated words or phrases that are controversial – especially phrases that are negative or self-deprecating. Keep the image somewhere visible for the rest of the session.

Say: Humility is not about pretending to be less than you are. In fact, people who are humble often have a high sense of self-worth; they just recognise their own strengths and limitations. Rick Warren said, 'True humility is not thinking less of yourself; it is thinking of yourself less.' This is the view of humility that we will be exploring this month.

WORD

Ask the group to name some people who are known for their service to others or people they would consider humble based on the definition. Some examples you could give to get them thinking are:

- * Mother Teresa (she lived her life serving others)
- * Dr Stella Adadevoh (a doctor who helped in the Ebola crisis)
- * Missionaries (those who leave their family to travel the world preaching the gospel and bringing people to God)
- * The ultimate example of humility is Jesus (he left his position in Heaven and came to earth to save humanity)

Read the following passages and ask the group to note anything similar in them.

'and whoever wants to be first among you must become your slave. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many.'

Matthew 20:27-28 NLT

⁵ 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!**

Philippians 2:5-8 NIV

Explain that before coming to earth, Jesus lived in Heaven. He was (and always will be) King over all of the universe. He created everything. But when Jesus came to earth, he chose to come to earth in the most helpless form – a baby, born in a manger, to a simple family.

In the first passage, Jesus said: 'Whoever wants to be first among you must become your slave.' No group is considered more unimportant than slaves, but Jesus wasn't saying that humility requires you to be worthless. He goes on to say, 'Even the Son of Man (Jesus) came to serve, not to be served.' Jesus served others and he definitely wasn't worthless!

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Even though he never stopped being King of the entire universe, he did not come to be treated like an idol that sits around letting people serve him. He came as a servant, someone so humble that he put other people's needs before his own. He came to give his life so that others could live. That is true humility. He knew that he was the King. He knew that he was and is our Lord. Still, he came to serve.

To be like Christ, we must do the same. If humility is thinking of yourself less, it means we are to think more of what other people around us need and want and put these above our own desires.

Discuss:

- 💬 Look at Mr/Miss Humility. Does what 'society' says humility is match up with Jesus' humility?
- 💬 Take a moment to think about a person in your life that strikes you as very humble. What makes them seem humble to you?
- 💬 A common phrase in Jesus' ministry was 'The first will be last, and the last will be first.' What do you think he meant?

WORSHIP

Ask everyone to find a quiet space and sit down.

📺 Play 'More of You, Less of Me' by Colton Dixon – <https://youtu.be/gBqijcBliD4>

Ask the group to reflect on the following:

- * As part of our act of service, we must have a certain level of humility to serve others well. We must recognise that anything we do, we do by God's grace alone.
- * If you were never to be recognised for the things you do for others, would you still serve? Based on your answer to this question, do you feel you serve out of humility?
- * In a world where our works allow us to show off how great we are, how can we remain humble and remind ourselves that our reward comes from God, and all we do is for God?

ACTION

Think about your parents, siblings, friends, and community.

- * What problems do they face?
- * What small or big things can you do to help them with their problems?
- * How can you serve them? What can you do to bring them a little happiness and joy?
- * Do it.

SESSION
TWO

WEEK 2

WELCOME

Welcome everyone and ask if anyone would like to recap last week's session.

Discussion

Note: This week we will be looking at how our call to humility shapes our identity. Identity is a complex topic and some of your group may not fully grasp the term. If this is the case, you can describe it as a label placed on someone and adapt the questions to refer to 'labels' instead of using the term 'identity'.

Split the group into threes and give them 10 minutes to discuss the following questions, and then get feedback.

- 💬 What is your definition of identity?
- 💬 What would you say your identity is?
- 💬 How would your family identify you?
- 💬 How do you think society identifies you?
- 💬 Do labels affect your identity?
- 💬 How does God identify you?

Some examples that you can give the group are below:

- * Identity is the condition of being oneself: the qualities, beliefs etc that distinguish or identify a person or thing
- * I identify myself as: x's son, a scientist...(please use your own examples)
- * My family identify me as: a person who loves... (please use your own examples)
- * Society sees me as: a minor, a school kid, Caucasian
- * God identifies me as: his child, a vessel to be used by him, the apple of his eye!

WORD

Humility tells us not to think of ourselves alone. We are reminded to look to Jesus as our example of humility by looking at his life and works. By doing this we are shaping our identity in Christ and in life.

We can build up our identity as Christ's followers in the following ways:

1. Acknowledge God

It is written: 'As surely as I live,' says the Lord, 'every knee will bow before me; every tongue will acknowledge me'

Romans 14:11 NIV

When we acknowledge God, we desire a relationship with him, we want to communicate with him daily and draw closer to him. Acknowledging God requires us to put him at the forefront of all we do. We should love him and trust he has good intentions for our lives. When we do this, he teaches us who we are and what we have been created for.

2. Put others before ourselves

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:3-4 NIV

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When we do this, we are saying that other people are as important as we are. Whether they are younger or older, a different race or religion or have different morals, we must see each other as important and treat them as the child of God they are. When we do this, we appreciate others for who they are. As we become more aware of others and seek to judge others less, we love them more – as Christ does.

3. Knowing God thinks highly of us!

What are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honour. You gave them charge of everything you made, putting all things under their authority.

Psalm 8:4-6 NLT

We may not have supernatural powers, but we have a lot of power through God. We should live our lives as children of God by trying to live right and following his word. Even though we are 'just' humans, God has put all things under our care – not to take advantage of them, but to guard them.

4. Knowing we were created to be pure vessels for his Kingdom

In a wealthy home some utensils are made of gold and silver, and some are made of wood and clay. The expensive utensils are used for special occasions, and the cheap ones are for everyday use. If you keep yourself pure, you will be a special utensil for honourable use. Your life will be clean, and you will be ready for the Master to use you for every good work.

2 Timothy 2:20-21 NLT

Another way to be more Christlike is to remain pure. This means we should turn away from sin and things we know are wrong and allow God to use us to make the world a more loving place.

Give the group 10 minutes to find and write five Bible verses which God uses to shape our identity (eg Matthew 5:14 – 'You are the light of the world') and discuss how these help us to build up our identity as a follower of Christ.

WORSHIP

Reflection Time

Ask the group to close their eyes as you read the following.

What did people identify Jesus as?

- | | | |
|-------------------------|--------------------------|---------------------|
| * Shepherd? | * Healer? | * Magician? |
| * Teacher? | * Provider? | * Lover of people? |
| * Disciple of God? | * Liar? | * The manger baby? |
| * Mad man? | * Mary and Joseph's son? | * Born of a virgin? |
| * Son of the Most High? | * Blasphemer? | * A listener? |

Jesus would have been one or more of these things to everyone who encountered him. Now think about yourselves: how do people identify (label) you? It is important to know that people will label you based on a variety of things – their mood on the day, the way you dress, how you speak etc – but do you allow this to affect your identity?

Give the group five minutes to think about these questions:

- * What does Jesus say your identity is?
- * Are there any Christlike qualities you have developed on your Christian journey?

Jesus knew what his true identity was, no matter what others thought or said about him.

▶ Play – 'Who you say I am' (Hillsong Worship) – <https://youtu.be/lKw6uqtGFfo>

SESSION
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WITNESS OR ACTION

We live in a society where the knowledge, appreciation and awareness of self is our main (and sometimes only) focus – 'as long as I'm happy, then everything is OK', 'as long as I get noticed, then there should be no problems', 'why did they choose him instead of me?' etc. How can we identify with Christ when we are constantly seeking to please ourselves?

This doesn't mean that your happiness, dreams or goals aren't important. Rather it means we are being reminded to put God in the centre of these things so we can remain humble and not lose our identity in him.

- * Every day this week make five proclamations of who you are in God.
- * Ask God to give you a spirit of humility.
- * Write down five statements you identify yourself by.

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WEEK 3

You will need:

- * Pens, paper, felt tips, colouring pencils for the welcome activity

WELCOME

In Week 2 we looked at how our call to humility shapes our identity, and that part of this is trying to be more like Jesus. This week we will look at how our call to humility shapes our purpose. We all have different purposes in life, but we were all created by one God to fulfil the purpose he created us for.

Purpose is 'the reason for which something is done, created or for which something exists' (Oxford Dictionary)

The Bible says:

For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God – not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:8-10 NIV

Part of our purpose is to do good works!

Split the group into groups of three or four, and ask each group to create a short play/sketch showing an example of good works.

WORD

Things which we do in humility to give glory to God's name are examples of good works. Our theme for the year is 'Serve', and our service is part of the good works we were created to do.

We are called to stand up against injustice, to fight on behalf of those who cannot fight for themselves, and to give to those who cannot repay us – something that Jesus did and continues to do for us.

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

James 2:14-17 NIV

Then Jesus said to his host, 'When you give a luncheon or dinner, do not invite your friends, your brothers or sisters, your relatives, or your rich neighbours; if you do, they may invite you back and so you will be repaid. But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous.'

Luke 14:12-14 NIV

It is through our call to humility that we:

- * forget ourselves and focus on the things of God and serving others (we are not self-seeking)
- * can do good works without groaning and grumbling (we are doing things out of a grateful heart)
- * boast not of our work but of the glory of God at work in and through us (when we glorify him, this is a form of worship to God)
- * fulfil good works without expecting rewards (we are created for this)

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All these things help to form our purpose whilst on earth.

When we do good works, it may seem time-consuming and unnecessary to others, but these are the things that lead us to fulfilling our purpose.

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24 NIV

Our good works are what will accomplish amazing things in this world. These good works will also be the making of us if we humble ourselves before God and allow him to reveal his purpose for us. Humility will allow us to place more value on how we can be a benefit to others, and it teaches us that although it isn't our works that will save us, but they will be the making of us.

Discussion

Ask the group the following questions:

- 💬 What do you think would happen to the world if there were no good works?
- 💬 If we were all arrogant people, how would this affect our purpose?
- 💬 If we did things only to be rewarded for them, what would the world look like?

Finish off the section with this reading:

He has saved us and called us to a holy life – not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time.

2 Timothy 1:9 NIV

WORSHIP

- * Thank God for today's session.
- * Pray that you will remember what you've been discussing.
- * Pray for humility.
- * Thank God for the ability he's given you to help others.
- * Ask God to give you a heart of service.
- * Ask God to open your eyes to see where you can do good works.
- * Pray for those who are vulnerable (those who are grieving, those with poor mental health, orphans etc).

WITNESS OR ACTION

Actively seek to perform a good work this week to humbly serve those who are vulnerable (where necessary please ask for permission first).

Consider whether this is something you could make a habit: for example, by regularly visiting a children's hospital and spending time with / reading to the kids; buying food for the homeless; visiting an old people's home; helping in your local corps.

WEEK 4

WELCOME

Play either of the following games:

- * Set up an obstacle course. In the first round, each person one by one must navigate the course blindfolded on their own. Keep an eye out for safety. In the second round, they may choose a friend to be a 'guide' and shout directions from the finish line, but they cannot make physical contact. In the last round the 'guide' can lead them any way they choose. This includes holding their hand, pushing them from behind, or even carrying them through the course on their back.

Discuss which round was easiest and why. Pull out the idea that having people alongside you on your journey makes life incomparably easier.

- * Have the group sit in a circle. Start with one person holding the end of a ball of yarn/string. That person must name somewhere they feel they belong (church, school, home, clubs etc), and then while still holding the end of the string throw the ball to someone at least two people away. The person catching the ball names their place where they feel they belong, and throws the ball to another person at least two people away. This continues until every person in the circle is holding the yarn/string and has had a turn to share their ideas with the group.

Everything on this earth will have somewhere it fits in, including you. Even when you don't feel like you belong anywhere, as a Christian you have a massive network of people who share your beliefs. You belong to Christ's family. Today we will look at how we can humbly welcome other people into this family.

WORD

Allow volunteers to read parts of the passage:

Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: 10 "Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. 11 The Pharisee stood by himself and prayed this prayer: "I thank you, God, that I am not like other people – cheaters, sinners, adulterers. I'm certainly not like that tax collector! 12 I fast twice a week, and I give you a tenth of my income."

13 'But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, "O God, be merciful to me, for I am a sinner." 14 I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.'

Luke 18:9-14 NLT

In biblical times, tax collectors were known for using their position to cheat others to gain wealth for themselves. Pharisees were the religious leaders of the day.

Discuss the following questions:

- 💬 Is it easy to notice when you yourself do something wrong, or is it easier to notice when someone else does something wrong? Why?
- 💬 In what ways was the tax collector different from the Pharisee?
- 💬 Are there times when you are tempted to act like a Pharisee and be the judge of another person?
- 💬 Who acted humbly in this story?

It's often easier to notice other people's faults than our own. The Bible says that the Pharisees were confident of their own righteousness and looked down on everybody else (Luke 18:9). The Pharisee in Jesus' story was so focused on the

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tax collector's sin that he forgot to ask God if he had any sin in his own life, while the tax collector had a humble and repentant heart. He was willing to admit that he was sinful and asked God to forgive him.

We see that the Pharisee had a self-righteous and proud attitude. He thought the fasting and tithing he was doing made him good enough in God's eyes and he was unwilling to consider or admit that he was sinful.

Jesus said that it was the tax collector who went home forgiven and in right relationship with God, rather than the Pharisee. Jesus told this story to teach the people that when a person is willing to admit they have sinned and are sorry, God is pleased with their attitude. However, God is not pleased when a person is so busy pointing out another person's sins and bragging about themselves that they don't think about their own sinfulness. As soon as we start to judge others, we are acting self-righteously – just like the Pharisee.

WORSHIP

It's great to belong to God's family; but sometimes, like the Pharisee, we can be so confident in our own righteousness that we judge everyone else's sins rather than welcoming them into God's family. Humility reminds us that it's through God's help that we belong. We should humbly welcome those who don't know God into his family, remembering we were all once in their position.

▶ Listen to: 'I'll Be the Light' (Colton Dixon) <https://www.youtube.com/watch?v=NJJ30nEIUDY>

WITNESS

Your sense of belonging should not be based solely on a feeling, but rather that you are completing the work of the Father to whom you belong. So, this week we want you to share your faith with others.

This is as much about how you behave around others as it is about preaching the gospel. Your behaviour shows others who your Father is. Make sure you walk in your purpose and walk with the reminder that you belong to the Father.

Whichever way you choose to share your faith, let God use you so that others may see and glorify your Father in Heaven.