

Transformation

1. Being Transformed

To explore:

'Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern the will of God - What is good and acceptable and perfect.' Romans 12.2

Aim: To help people reflect on where their relationship with God is at, where they would like to be, and what they might do to grow in that area this year.

Note to leaders:

These activities create some opportunities for people to get to know a bit about each other's history and situation, and share experiences and ideas on how to grow more Christ-like, which should help with integrating new people into cell. One activity reflects on Sunday activities in particular and encourages people to understand church but also to take responsibility for their own growth, while another focuses on spiritual disciplines which should facilitate a helpful discussion. Pick the ones you think would be most helpful for your group

A. Vision For Growth

- Draw a picture or diagram that describes your faith right now.
Explain it to the group or a partner.
- Now draw what you would **like** it to look like by the end of the year and explain.

(N.B Cell leaders you might want to hang onto these drawings

and give them back to people at strategic points in the year to see how things have changed.)

B. Discussion

'God at the centre of my life' vs. 'God as an add-on to help me out'

Draw a spectrum that goes from one of these statements to the other; ask people to mark on that timeline where they would (honestly) put themselves right now. Encourage people to explore why they are there (might be a good chance to hear a bit of people's stories!)

Discuss - How do we move towards God being at the very centre of our lives? What might make this difficult? (People might like to explain their experiences or ideas of how to grow in this and pray for each other.)

C. Understanding Sundays

1. What do you understand to be the point of us meeting together on a Sunday morning each week?
2. Make a list of every activity you are aware of that goes on to make a Sunday morning service happen. (You might like to work through these chronologically from the building being unlocked at 9am—to the room being cleared by 1pm and those activities prepared beforehand in the week e.g. kids work, worship etc.)
3. If we assume all of these things are intentional/deliberate - what do you think we are trying to facilitate/achieve with each of them?
4. What do you think are the strong and weak points in what we do?
5. As a church we can create whatever structures we like - it does not mean people will be transformed. How do you think that transformation actually happens? What does it depend on?

D. Personal Transformation

Spiritual Disciplines are activities Christians have practised over the years to help them draw closer to God and grow in their faith. These are some common disciplines.

Engagement Disciplines (doing something)	Abstinence Disciplines (not doing something)
<ul style="list-style-type: none">• Accountability• Bible Study• Fellowship and Community (e.g. Hospitality, generosity)• Giving• Journaling• Learning (studying)• Meditation (on scripture, liturgy, nature etc.)• Prayer (Intercession-or prolonged)• Service (using gifts)• Witnessing• Worship and Celebration	<ul style="list-style-type: none">• Fasting• Sexual Abstinence• Silence and Listening• Simplicity• Solitude• Repentance• Retreat

1. Some are corporate, some individual; identify which is which.
2. Which have you used so far in your faith journey - how useful did you find it?
3. Which appeal or don't appeal and why is that?
4. Which do you think might be useful for the next season you are about to embark on?

In Summary (for all activities)

As a cell how might you encourage each other towards growth and transformation this year? What activities/ideas do you have for how cell might become really effective in this?