

Cell Notes 31 July 2016

Theme: ‘Set your hearts on things above’

Key words: The heart’s treasure, New life, Old Life, Transformation

Welcome

Name some things you treasured as a child.

Worship

Sing e.g. Praise to the Lord the Almighty

Pray. (Prayer adapted from the Collect for 31 July).

*Lord – through you all things were made,
Only you can nourish and sustain us,
You are the Bread of Life.
Fill our hunger and quench our thirst
That our hearts would be set on things above,
Not on earthly things,
May all we do, in word and deed,
Be done in the name of Jesus Christ our Lord.
Amen*

Word

Read Col 3:1-17

1. What did the God say to you on Sunday?
2. Describe what life is like when our hearts are set on earthly things (there are some clues in the text).
3. Describe the behaviour of those whose lives are “hidden with God” in Christ.
4. Is it easy or difficult to change out of the “old clothes” (a life characterised by greed and words that break down) and into the “new clothes” (a life characterised by compassion, forgiveness, humility and peace)?
5. A teenager confesses that, though they “believe” in Jesus, their life is characterised by lust and abusive language. How, he asks, do I put on the new self? How do you answer?

Works

If the teenager above spends all his time worried about thinking what he should not be thinking about that is all he will think about! The secret is to **think** about God. Commit to spending 10 minutes a day ***delighting in the beauty of God*** – simply dwelling upon who He is and what He has done (***in creation, through Christ, in your own life***). Ask one another about this exercise from time to time.

Use 1 Tim. 2:1 to guide your prayers for elections, elected leaders and voters.