



cell outlines | week three

These Cell Outlines are written by ALOVE UK. They are available each week from our web site. For more information and other cell resources, visit www.salvationarmy.org.uk/alove/resources

You Will Need

Bibles

Pens/paper

Access to the internet or some other way to show a clip from You Tube

Reflective music

Different translations of the Bible

Examples of Bible commentaries

Concordance

Any other Bible reading resources as outlined below

WELCOME

Find the Passage Bible quiz.

Choose several Bible verses from well known and not so well known books of the Bible. Ensure everyone in the group has a Bible. As soon as you say a scripture reference the group must race against each other to find it in their Bible. The first one to find it is the winner. He or she then gets to read it out to the rest of the group. Give each person a point everytime they win. The points can then be collated with the other Bible quizzes in the search for your Bible quiz master!

Feedback

- Find out if anyone had any interesting conversations about the Bible this week.
- Ask how people are getting on with their 30 Day Bible Reading challenge.
- Encourage those that are trying to memorise all the book of the Bible in order!

WORD

Watch The You Tube Clip 'How Not To Read The Bible'

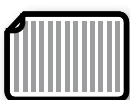
http://www.youtube.com/watch?v=kFs_yiRxHC4&feature=PlayList&p=8CEABD530DC77F7B&index=0

Explain that this week we are going to look at some helpful tools, resources and strategies to help make our Bible reading easier, informative, consistent and fun....and so we do not do what that video clip just demonstrated!

There are two sections. The first features four tools to apply to Bible reading: Paraphrasing, Meditation, Memorising and Lectio Divina. Each comes with a short explanation plus a practical exercise.

The aim of the second section is to point out a few of the hundreds of different resources that are out there to help us with our Bible reading. This aims to give the group members information so they can make choices about what could work for them in their personal times with God. The group members themselves may also be able to share with each other the things that have found helpful.

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TOOLS FOR BIBLE READING

Paraphrasing

Sometimes we pass over the more difficult parts of the Bible and if someone were to ask us to explain what we have read we wouldn't know how to go about it. 'Paraphrasing' can be really useful to help get behind the meaning of the words. In paraphrasing, you use your own words to express the meaning of the passage. Be careful not to change the meaning, just communicate it in a different manner, perhaps using words that are more familiar to you. The Message translation or The Living Bible are good examples of a paraphrase.

For example:

One of the verses we looked at last week is 2 Timothy 3:16-17

'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.'

This could be paraphrased as follows:

The whole Bible is inspired by God and is important to teach us the truth and help us to understand where we are going wrong in our lives. It shows us how to live holy lives. It builds us up and gets us ready to do whatever it is that God has planned for us.

Try one of the following verses yourself and share with the rest of the group

Joshua 1:8

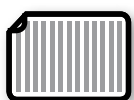
Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

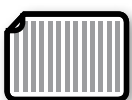
My Paraphrase:

Psalm 139:13-14

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

My Paraphrase:





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Romans 8:1-3

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

My Paraphrase:

Meditation

Christian meditation is not some dodgy practice associated with Eastern Mysticism or the New Age movement. Christian meditation is a way of hearing God speak to us, especially through the Bible. It is a way of allowing God and Scripture to fill our mind. It demands discipline as our minds are apt to wander off the topic! The Bible has many references to meditation, such as Genesis 24:63; Joshua 1:8; Psalm 48:9 and Psalm 119:148. Read these step by step instructions on how to meditate on Scripture¹.

1. Relax – its very easy so don't get up tight or anxious about it.
2. Look up the suggested scripture.
3. Read it slowly.
4. Pray and ask God to speak to you through it.
5. Read it again several times.
6. Spend time thinking about what the verse says.
7. Perhaps dwell on a phrase or section of the verse, or even just one word.
8. Allow yourself to follow a train of thought, until you see something in the verse you have never seen before.
9. Write down what you get.
10. If your mind begins to wander totally off the subject, then start again

Now put on some reflective music, find a space and try it with Psalm 95:1-7. Take about 5 minutes and then share with each what you have heard from God.

Meditation on Psalm 95:1-7: notes

¹ Nancy Goudie's Spiritual Health Workout. Kingsway 2001.



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Memorising

There can be nothing more powerful than having the word of God inside of you. Memorising scripture fills your mind and heart with the truths of the Bible. Then they are immediately accessible when you (or a friend) need comfort, encouragement, help, guidance...or just can't find the words to praise God. Even the worst memories can be retrained to retain information.

The best way to memorise is to break the verse into portions. Say each portion out loud so that you can hear it as well as see it and think it. When you have got the first portion, learn the second bit, then try to recite the first and second parts together, and so on until you have remembered the whole scripture. Say it the same way each time. If you are musical or creative, sing the verse, or rap it...or even act it out!

Look at this guy for some inspiration!

Ryan Ferguson recites Psalm 145 <http://www.youtube.com/watch?v=kdMMPkZI--c>

Ryan Ferguson recites Psalm 22 <http://www.youtube.com/watch?v=WF5vm0b8dWY>

Ryan Ferguson recites Psalm 25 <http://www.youtube.com/watch?v=n5t1nZhB8bw>

Remember though just because you can say something once or twice doesn't necessarily mean you have memorised it. It needs reviewing constantly. Quote the verses often, asking God for deep understanding and seeking to apply each verse to your life.

Now have a go at memorising 1 Thess 5:16-18

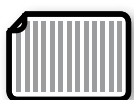
'Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.'

Give yourselves 5 minutes then see who can recite it to the rest of the group. (If you have any brave group members, ask them to lead the group in a rap and memorise it together!)

Lectio Divina

The ancient practice of Lectio Divina is a slow, contemplative, prayerful reading of the scriptures. Lectio Divina is Latin for divine reading, spiritual reading, or "holy reading," and represents a traditional Christian practice of prayer and scriptural reading intended to promote communion with God and to increase in the knowledge of God's Word. It is a way of praying with scripture that calls one to study, ponder, listen and, finally, pray and even sing and rejoice from God's Word, within the soul.

Try it out with this interactive You Tube clip <http://www.youtube.com/watch?v=-jqqWZuo5cg>





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RESOURCES FOR READING THE BIBLE

TO HELP YOU UNDERSTAND THE BIBLE

Different Translations of the Bible

We have already discussed how the Bible has many different translations. One of the most standard is the New International Version. (NIV). However, you can get Bibles specifically translated for children, young people or students. Bibles can come with just the Bible text, or in depth footnotes to help you understand each verse. A quick search on the Wesley Owen (a well known Christian bookshop) reveals 918 different Bibles! Make sure you are reading a Bible that is the right one for you.

Bible Commentaries

A Bible commentary is something that you would use if you want to understand a particular scripture in more depth. Perhaps you want to know more about the history, the context, or what different theologians think it means. You can get bible commentaries that cover the whole of the Bible, or those that just look at one book. Tom Wright writes some good commentaries in his 'For Everyone' series.

Concordance

A Bible concordance is a verbal index to the Bible. It contains a long list of Biblical words alphabetically, and tells you all the passages of the Bible where the words occur. This is useful if you can remember a few words of a passage but can't remember where to find it.

TO HELP YOU READ THE BIBLE REGULARLY

Daily Bible Reading Notes

Daily Bible reading notes are usually small booklets that provide you with a daily scripture reading, plus an explanation, thoughts, stories to help you apply the passage to your day. There must be hundreds out there to choose from! Some are aimed specifically at young people. These are well worth investing in as it is an easy step into the habit of daily bible reading.

- The Word For You Today – UCB (11-17 year olds) Available free from <http://www.ucb.co.uk/biblehelps>
- Submerge – Scripture Union (11-14 year olds)
- YP's – CWR (11-14 or 12 -16 year olds)

Read The Bible In A Year

If you want more of a challenge get hold of a Bible planner or Bible that will take you through the whole Bible in a year. For example:

- Nancy Goudie's One Year Bible Planner www.nancygoudie.com
- Cover to Cover Complete: Through the Bible as It Happened by Hughes & Partridge
- Daily Message Bible-MS: Through the Bible in One Year by Eugene H Peterson



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On Line Resources

The Word For You Today produced by UCB is available as a download, an ebook, a daily email, an audio podcast or a daily reading on line.

Visit <http://www.ucb.co.uk/biblehelps> for this excellent resource.

One Year Daily Audio Bible produced by Brian Hardin provides you with daily itunes podcast that take you through the whole bible in one year.

Bible Gateway. The Bible Gateway is a tool for reading and researching scripture online -- all in the language or translation of your choice! It provides advanced searching capabilities, which allow readers to find and compare particular passages in scripture based on keywords, phrases, or scripture reference. www.biblegateway.com

Notes:

WITNESS

See if you can find one creative way to share your daily bible reading with someone this week.

Action Points

- Ask the young people to try one new thing as discussed above in their Bible reading this week and to report back next week
- Continue with the 30 Day Bible Reading Challenge.
- Don't forget about the memorise books of the Bible in order by the end of the series challenge... this is the last week!