



## cell outlines | week one

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/love/resources](http://www.salvationarmy.org.uk/love/resources)

**You Will Need**

Bibles

Pens / paper

Old Testament Bible Quiz

Copies of the Cell Outline Introduction (without the leader's notes attached!)

Copies of True / False Statements

30 Day Bible Reading Planners

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

**WELCOME****1. Icebreaker Game. Hodgy Podgy**

Hodgy Podgy is a simple yet very fun rhythm game. The group stand in a circle, with everyone facing the centre. Choose a person who will start the round. He or she starts to clap a relatively slow rhythm (slap both legs on the first beat, then clap hands on second beat, thumbs-up on left hand for third beat, and thumbs-up on right hand on fourth beat, and repeat the four beat cycle). Everyone in the circle matches the rhythm set by the leader. To start each round, the leader says (while clapping to the rhythm, one beat per word), "Hodgy podgy, hodgy podgy, hodgy podgy, hodgy podgy!"

The leader starts a sentence by saying any word on the one beat (for example, he or she could say the word "Big" as he or she slaps their legs on beat one). The next person in the circle must continue the story by adding the next word in the sentence by the first beat of the next rhythm cycle (for example, the 2nd person could say "dogs," so the sentence is now "Big dogs..."). The third person in the circle must continue the story by adding the 3rd word in the sentence at the right time (for example, the person could say the word "eat," making the current sentence "Big dogs eat..."). The next person in line must continue the sentence. Each word must make logical and grammatical sense when added to the sentence. If a person wants to end the sentence, he or she says a punctuation word, such as "full stop" or "exclamation point" or "question mark." At this point, the next person in the circle starts the new sentence. When a player makes a mistake (is unable to continue the sentence in time, or says something logically or grammatically correct) the round ends and he becomes the person who starts the next round. Continue until you are driven mad!

(For a tenuous link to the this weeks theme you could say that it's a good job the Bible wasn't written like that!)

**2. Old Testament Bible Quiz**

This is a lighthearted quiz simply for fun. There will be a quiz every week so you could collate all the results and give a prize to the month's overall Bible quiz master! Read out the questions and get people to write down their answers. Then ask them to swap answers with a partner and mark each others as you go through the answers!

**3. Read the Cell Introduction to the group**

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## WORD

### 1. Bible Brainstorm

Put a large sheet of flipchart paper on the floor and ask the group to say the first thing that comes into their mind when you say the word 'Bible'.

On the same sheet, or another, do the same and write down as much info and facts that they already know about the Bible.

- Watch the You Tube Clip 'Bible In A Minute'

[http://www.youtube.com/watch?v=Ar\\_k8JjVWQA&feature=Playlist&p=8CEABD530DC77F7B&index=1](http://www.youtube.com/watch?v=Ar_k8JjVWQA&feature=Playlist&p=8CEABD530DC77F7B&index=1)

### 2. True or False Bible Facts

Use the True or False statements on the attached sheet to get the group thinking about some of the amazing facts about the Bible. (Perhaps one side of the room represents 'true' and the other 'false' and each individual could move according to what they think the answer is).

Give each person a copy of the sheet to take home.

### 3. Six Myths About The Bible

Split into three groups and give each group two of the most common Bible myths below.

- It's written in a weird language.
- Only the experts can understand it.
- It takes too much time.
- It's boring.
- It's too big.
- It's irrelevant.

Ask them to think about how they would defend / refute these myths and then present their answers to the rest of the group. See the notes below to help you guide through / summarise this discussion.

#### **It's written in a weird language.**

Some Bibles are written in a weird language, it's true. These are the older versions like the King James. But today you can get modern versions that use normal language, are well laid out, easy to understand and even have pictures!

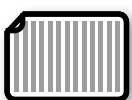
#### **Only the experts can understand it.**

There are, of course, tricky bits. There are bits of the Bible that no-one understands, where even the experts are baffled. Similarly there are many passages on which people hold different views. But the majority of the Bible is really very straightforward. There will be far more bits where the meaning is plain and clear and where you can put it into action.

#### **It takes too much time.**

The Bible has been arranged to allow you to read it in bits, so you can read as little or as much as you like. Many Bible reading plans suggest you read a couple of chapters a day, which usually only takes about 15 minutes!

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### **It's boring.**

There are some parts of the Bible that are very dull e.g. family trees, lists of numbers, dimensions of buildings etc. But much of the Bible tells fascinating history, stirring stories, moving poetry, thought provoking wisdom and life-changing insights. So if you find a passage that you consider boring, simply move on. There is something exciting just around the corner!

### **It's too big.**

The Bible contains a lot of writing, it's true. We have seen above that it is 66 books in one, and around 750 000 words. But it has been broken down into bite-sized chunks, so you can read as little, or as much, as you would like. As it is an important book, about life and death and everything in between, you'd expect more than thirty pages and a few cartoons!

### **It's irrelevant.**

- It's about you and me. The people in the Bible are very like us. They may
- dress differently or act in unusual ways, but the issues they wrestle with are the same issues that face us all – love, peace, war happiness, freedom, greed, forgiveness, sex, possessions truth etc.
- It's historically the most important book ever published and has influenced the
- actions of more people around the world than any other.
- Many believe that the Bible gives us answers to the big questions...why we
- are here, what we are supposed to do on earth, and where we are going to end up in the future.
- Christians talk about the Bible as the 'word of God'. It is a book through which God talks to his people, a truly interactive book that challenges, inspires and excites all those who read it.

(Six Myths About The Bible taken from 'The Bible Book' by Nick Page)

## **4. Why do Christians value the Bible?**

Think back to the two stories we read: Mary Jones and the Myanmar farmers.

Discuss the following questions:

- What do you feel about the lengths these people were willing to go to so they could read the Bible?
- What does that tell us about how much they valued the Bible?
- How does that compare to how much we value the Bible today?
- How many Bibles do each of us own or have available to us in our houses?

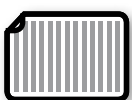
### **WORSHIP**

We have seen that the Bible is a fascinating book, with much historical authenticity whilst still being relevant to the modern world. We have seen how Christians around the world value the Bible and how people put their lives at risk to get hold of one / distribute them. Let's thank God for our own easy access to the Bible, repent of the times when we have taken it for granted, and commit ourselves to getting into it over the next four weeks!

### **Action Points**

- Explain the 30 Day Bible Reading challenge and give out sheets.

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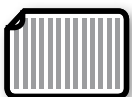
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- Find out who is going to try the memorising the books of the Bible challenge.
- Ask the group to bring their favourite verse next week to share. They will need to explain to the group what that verse means to them. It would be good if they could have their verse written or printed out on a large sheet of paper so that the whole group will be able to see it.



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## TRUE OR FALSE

**The Bible is, in fact, not just one book but a collection of 66 books. TRUE**

The word Bible comes for the Greek word Biblia, which literally means “books.” So, reading the Bible is like reading 66 books. The Bible was written by over 40 different authors.

**There are approximately 750 000 words in the Bible. TRUE**

In fact there are exactly 773,692 words. It would take you approximately 70 hours to read the whole Bible out loud.

**The Bible was first written in English. FALSE**

The Old Testament was written in Hebrew. The New Testament was written in Greek. Now the Bible has been written in over 2,000 different languages around the world!

**The Bible is the best selling book of all time. TRUE**

Estimates are that somewhere in the region of at least 2.5 billion have been sold, maybe as high as 6 billion. About 50 bibles are sold every minute.

In comparison the best selling fiction is probably Charles Dickens' Tale of Two Cities with 200 million copies sold. The latest Harry Potter novel had sold about 44 million copies.

**There are more than 80,000 versions of the Bible. TRUE**

New versions of the Bible continue to be added or updated. See how many versions the group can name / which are their favourite versions?!

**The Bible is approximately two thousand years old. FALSE**

Parts of the Bible are thousands of years old. The first canonical complete Bible is from the time of the Council of Rome (382 AD). In the earliest days of English Christianity the only known Bible was the Latin Vulgate, made by Jerome between A.D. 383 and 405. This version of the Bible could only be read by the clergy.

**The Bible took around 1400 years to write. TRUE**

Although the Bible was written over a period of about 1400 years, its text has come to us in a remarkable state of preservation. This preservation was possible because of the large number of manuscripts found. The New Testament evidence for reliability is almost embarrassingly large. It includes about 4500 Greek manuscripts beginning about A.D. 125.

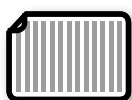
**The Bible is the most easily obtained book in the world. FALSE**

When people come to faith in Jesus Christ, they plead most for one thing: a Bible. But sadly, Bibles are scarce in places where Christians suffer some of the harshest persecution...like countries throughout the Muslim world.

For example: In North Korea possessing even just one Bible is grounds for execution. In China the Communist government confiscates and burns Bibles and prohibits them from being printed.

In “moderate” Islamic nations like Turkey those who import, print and/or distribute Bibles are threatened, beaten, bombed and/or killed by mobs and criminals, who are rarely arrested or prosecuted.

**(Statistics from [billionbibles.org](http://billionbibles.org))**



## OLD TESTAMENT BIBLE QUIZ

(Answers in bold)

1) What is the name of the first book of the Bible?

a) Romans

**b) Genesis**

c) Exodus

d) Judges

2) Which religion or religions acknowledge the Old Testament?

a) Jews

b) Christians

c) Moslems

**d) All of the above**

3) What was Elijah taken up to heaven by?

a) A cloud

b) A chariot

**c) A whirlwind**

d) An eagle

4) Who was not a son of Noah? (Genesis 6)

a) Shem

**b) Lamech**

c) Ham

d) Japheth

5) According to the Bible, how old was Methuselah when he died? (Genesis 5)

**a) 969 years**

b) 554 years

c) 321 years

d) 95 years

6) Which is NOT a book of the Old Testament?

a) Psalms

b) Ezra

c) Kings

**d) Corinthians**

7) What was Gideon's profession? (Judges 6 to 8)

a) Carpenter

b) Teacher

c) Priest

**d) Judge**

8) Who was the mother of Isaac and wife of Abraham? (Genesis 22 - 26)

a) Rachael

b) Mary

c) Maria

**d) Sarah**

9) Who did God rename 'Israel'?

a) Caan

**b) Jacob**

c) Adam

d) Noah

10) Which book of the bible is not attributed to Moses?

a) Genesis

b) Exodus

**c) Ezekiel**

d) Deuteronomy

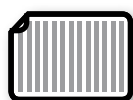
10) What made Samson strong?

**a) Long hair**

b) New shoes

c) Clean teeth

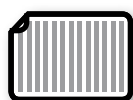
d) Tight belt



### 30 DAYS WITH JESUS

DAY	THEME	PASSAGE
1	Jesus Foretold	Isaiah 53
2	The Birth of Jesus	Matthew 1:18–25
3	John the Baptist Prepares the Way and Baptizes Jesus	Matthew 3:1–4:11
4	Water to Wine and the Samaritan Woman	John 2:1–11; John 4:1–26
5	Jesus Rejected in his Hometown	Luke 4:14–30
6	Jesus Calls his Disciples	Luke 5:1–11; Matthew 9:9–13
7	Sermon on the Mount	Luke 6:17–46
8	A Centurion, a Widow's Son and a Sinful Woman	Matthew 8:1–13; Luke 7:11–17; 7:36–50
9	Encounters With the Pharisees	Matthew 12:1–13; 22–45
10	Parable of the Sower, Weeds and Seeds	Matthew 13:1–43
11	Jesus Calms the Storm and Later Walks on Water	Luke 8:22–25; Mark 6:45–56
12	Jesus Heals a Man, Woman and Girl	Mark 5:1–43
13	Feeding of the 5000	John 6:1–14
14	Peter Identifies the Christ and the Transfiguration	Luke 9:18–27; Luke 17:1–8
15	Healing by Faith	Mark 9: 14–32
16	Teachings and Parables	Matthew 17:24–18:20
17	Teachings and Parables	Matthew 18:21–19:15
18	The Rich Young Ruler	Mark 10:17–31
19	Disciples Sent Out	Luke 10:1–24
20	The Good Samaritan	Luke 10:25–37
21	Jesus Teaches how to Pray	Luke 11:1–13
22	Jesus Revives Lazarus	John 11:1–44
23	Jesus Comes to Jerusalem	Matthew 21:1–27
24	The Last Supper	John 13:1–17; Matthew 26:17–35
25	Comfort for the Disciples	John 14–15
26	Jesus Arrested and Disowned	Matthew 26:36–75
27	Jesus' Trial	John 18:19–19:16
28	Jesus Crucifixion and Death	John 19:17–42
29	Jesus' Resurrection and Appearances	John 20–21
30	The Great Commission and the Ascension of Jesus	Luke 24:50–53

(taken from [www.zondervan.com](http://www.zondervan.com))



### 30 DAYS IN THE PSALMS

DAY	THEME	PASSAGE
1	Blessing	Psalms 67, 72, 84, 128
2	Calling to God	Psalms 4, 5, 22
3	Confidence	Psalms 27, 36, 71, 125
4	Deeds of God	Psalms 9, 18, 118
5	Doubt	Psalms 42, 73, 77
6	Faithfulness of God	Psalms 105, 119:137-144, 146
7	Fear	Psalms 37, 49, 91
8	Glory of God	Psalms 19, 24, 29
9	God Is a Helper	Psalms 54, 115, 119:169-176
10	Identity	Psalms 8, 139
11	Justice of God	Psalms 7, 26, 82
12	Meditation	Psalms 119:9-16, 41-48
13	Mercy	Psalms 13, 28, 86
14	Music	Psalms 6, 149, 150
15	Nature	Psalms 50, 104, 147, 148
16	Peace	Psalms 23, 133, 119:161-168
17	Power of God	Psalms 68, 93, 135
18	Praise	Psalms 65, 98, 138
19	Prayer	Psalms 17, 20, 102
20	Protection	Psalms 59, 62, 124
21	Safety in God	Psalms 11, 16, 142, 46
22	Rejoicing	Psalms 30, 47, 97
23	Righteousness	Psalms 1, 15, 112
24	Salvation	Psalms 3, 14, 121
25	Sin and Repentance	Psalms 25, 32, 38, 51
26	Thanksgiving	Psalms 75, 106, 136
27	Trust	Psalms 31, 40, 56
28	Victory	Psalms 21, 76, 144
29	Wisdom	Psalms 90, 107, 111
30	Worship	Psalms 33, 34, 145

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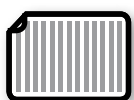


FEBRUARY 2010

**30 DAYS IN PROVERBS**

DAY	PASSAGE
1	Proverbs 1
2	Proverbs 2
3	Proverbs 3
4	Proverbs 4
5	Proverbs 5
6	Proverbs 6
7	Proverbs 7
8	Proverbs 8
9	Proverbs 9
10	Proverbs 10
11	Proverbs 11
12	Proverbs 12
13	Proverbs 13
14	Proverbs 14
15	Proverbs 15
16	Proverbs 16
17	Proverbs 17
18	Proverbs 18
19	Proverbs 19
20	Proverbs 20
21	Proverbs 21
22	Proverbs 22
23	Proverbs 23
24	Proverbs 24
25	Proverbs 25
26	Proverbs 26
27	Proverbs 27
28	Proverbs 28
29	Proverbs 29
30	Proverbs 30–31

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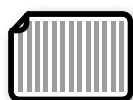
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**30 DAYS FOR NEW CHRISTIANS**

DAY	THEME	PASSAGE
1	The Fall of Humanity	Genesis 3:1–19
2	A People for God	Genesis 28:10–15; 32:22–28
3	The Ten Commandments	Exodus 20:1–17
4	Sacrifices Required Under Law	Leviticus 5:14–19
5	Punishments for Sin Under Law	Leviticus 20:7–27
6	Obedience From Love	Deuteronomy 11:13–21
7	Cycles of Disobedience	Judges 2:10–19
8	The People Demand a King	1 Samuel 8
9	Saul Fails and Is Rejected	1 Samuel 15:17–23
10	Many Kings Fail	Jeremiah 1–17
11	The Sin of the People	Ezekiel 20:5–26
12	An Eternal King Promised	Jeremiah 23:1–6; Isaiah 9:6–7; Zechariah 9:9–10
13	The Promised King Is Born	Luke 2:1–20
14	The Word Became Flesh	John 1:1–18
15	Signs and Miracles of Authority	Matthew 9:1–8; Luke 13:10–17
16	Jesus Fulfills the Law	Matthew 5:17–20; Romans 8:1–4
17	Jesus Teaches About New Life	John 3
18	Jesus Willingly Taken	John 18:1–11
19	Jesus' Death and Resurrection	Luke 23:44–24:12
20	Christ a Sacrifice for All	Hebrews
21	God's Wrath Explained	Romans 1:18–32
22	God's Judgment Explained	Romans 2:5–11
23	Righteousness by Faith	Romans 3:9–26
24	Life Through Christ	Romans 5:12–21
25	Life by the Spirit	Romans 8:1–17; Galatians 5:16–26
26	Living Sacrifices	Romans 12
27	Walking in the Light	1 John 1–2
28	Living for God	1 Peter 1–11
29	Love for one Another	1 John 3:11–24
30	Promise of Eternity	2 Corinthians 5:1–10; Revelation 21:1–4





**30 STORIES YOU'VE PROBABLY NEVER HEARD**

DAY	THEME	PASSAGE
1	Fire and Birds: God Lays Down the Law	Numbers 11
2	Miriam: Leprous as Snow	Numbers 12
3	Korah, Dathan and Abiran: Gulp!	Numbers 16
4	Aaron: A Budding Leader	Numbers 17
5	Moses Strikes Out	Numbers 20:1-13
6	Afraid of Snakes?	Numbers 21:4-9
7	Balaam's . . . er, Donkey	Numbers 22
8		Numbers 23-24
9	Laws for a Special People in a Special Time	Deuteronomy 21
10	Moses: End of an Era	Deuteronomy 31
11		Deuteronomy 32:44-52; 34
12	Solar Stand Still	Joshua 10:1-15
13	Ehud: Left Handed Wonder	Judges 3:12-30
14	Deborah and Jael: Girls Power	Judges 4
15	Jephthah: A Hero's Vow	Judges 11
16	A Levite: The Wickedness of Israel	Judges 19
17	David and Abigail: The Good Guy Wins	1 Samuel 25
18	Mephibosheth: Rags to Riches	2 Samuel 9
19	Elisha: Miracle Man	2 Kings 2:23-25; 4:8-37
20		2 Kings 6:1-23
21	Asa: But if You Forsake Him . . .	2 Chronicles 15
22		2 Chronicles 16
23	Joash: Kindness Forgotten	2 Chronicles 22:10-23:21
24		2 Chronicles 24
25	Josiah: Youthful Ruler	2 Chronicles 34
26		2 Chronicles 35
27	Nehemiah: Homesickness	Nehemiah 1
28		Nehemiah 2
29	Jerusalem Falls: Judgment Arrives	Jeremiah 52
30	The Writing on the Wall	Daniel 5

