

# **Loving** God **Loving** one another **Loving** the lost

*A Quick Guide to Cell Groups*

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## **What are Cells?**

Cells are weekly small groups. We love them because

- Cells are safe places to grow in faith
- Cells help build up the whole church
- Believing is about belonging
- There's lots of laughter and food at Cell!

## **What's important?**

Cells express the values of St Alphege, Seasalter:

**All involved**  
**Bearing witness**  
**Creating community**  
**Deepening discipleship**  
**Encountering God**  
**Finding friendship**  
**Giving generously**

*Everyone playing their part*  
*Telling the Christian story*  
*Loving and belonging*  
*Following Jesus, becoming like him*  
*Experiencing his presence*  
*Laughing and sharing fun and food*  
*Giving with gladness*

Cells are always looking outward for ways to include new people. They don't have "fixed" membership, and seek to grow.



# What we do

Cell Leaders are there to help everyone get as involved as they'd like. Cells are a safe place to have a go at trying new things (like leading the worship or the Word section).

Cells are as different as their members. But meetings share a common structure, which we all agree to stick to. This ensures that everyone can be involved, and that Cells remain focused outwards, not inwards.

- Welcome and Icebreaker: where all are involved
- Witness: where we look out to the world around and how we can impact it for Christ
- Worship: where we look up to God and pray for each other
- Word: where we learn through sharing, study and listening to one other

# Community

Cells don't have a lot of rules but here are a couple of common sense courtesies:

- Let your Cell Leader know if you will not be able to come to a meeting so that they can plan accordingly. Not knowing who's coming makes it very difficult for Leaders and hosts.
- Talk to your Cell Leader if you are considering moving Cells, to keep them in the picture.

Some of the best things about Cell happen outside of the meetings. It's great to keep in touch during the week by text, phone or email, and to pray for each other.

