

## Cell Outlines

Week beginning: 4<sup>th</sup> September 2005

### Theme: The Importance of Good Foundations

**Welcome:** If this is your first meeting after the summer, perhaps you'd like to share the 'highs' and 'lows' before diving into the Word! Or if there are any builders/ DIY-ers in your cell perhaps they could share something about a success or failure and what they would do different - without getting too technical!

**Introduction:** A foundation is a substance on which you build a structure. The foundation actually supports the building. In fact, each part of the building depends on the foundation. If it has good, deep, sure foundations, the building will stand no matter what comes against it. If not, when trouble occurs the building will fall. As disciples of Jesus our lives are spiritual structures. In Scripture, this structure is called 'a temple of the Holy Spirit' (1 Corinthians 6:19), 'God's temple' (1 Corinthians 3:16), 'God's building' (1 Corinthians 3:9), and 'a spiritual house' (1 Peter 2:5). This can only be built up strong, tall and able to resist trouble if the foundations are properly laid.

**Worship Suggestion:** Consider/ meditate on Hebrews 12:2 and spend some time in worship to our Lord Jesus Christ.

#### Word/ Teaching Slot

**Key Scriptures:** Hebrews 5:11-6:3; Luke 6:46-49; 1 Corinthians 3:10-15; 1 Peter 2:5

#### Rock or Sand?

In Luke 6:46-49 Jesus describes two ways to build: either upon sand (an unstable foundation) or upon rock (a stable foundation). So many people, including many Christians, are building their lives on unstable foundations such as materialism, ambition, sport, education, philosophies, traditions of men, man's wisdom etc. The only stable bedrock foundation is the Lord Jesus Christ, who is the Living Word (the truth). From this passage in Luke we can (hopefully) note the seven things from the following:

- (i) **What constitutes a sound life?** (v.47)
- (ii) **Can one hear and not do?** (v.46) (See also James 1:21-25).
- (iii) **What is a man like who hears and does the Word?** (v.48a)
- (iv) **Why must the house be built on rock?** (v.48b)
- (v) **What happened to the house on the rock?** (v.48b)
- (vi) **What is the danger when building our Christian lives?** (v.49a)
- (vii) **What happens to the house without a foundation?** (v. 49b)

#### Witness

1. In what ways does the Holy Spirit help us in our lives at a practical level?
2. In what ways has the Holy Spirit helped you?
3. Is your life an example to others of what it means to live as a true disciple of Jesus day by day, and if it isn't how could this situation change?
4. What areas in your life do you need to yield to the Holy Spirit in order to be more effective for Jesus?
5. What does it mean to grieve (Eph.4:30) &/or resist (Acts 7:51) the Holy Spirit and do we do this by fearing what He might do in and through us?

*Spend some time in prayer for one another.*