



A MISSIONARY
MOVEMENT
AT THE SERVICE
OF THE CHURCH

CELLEBRATE

Your LIFE With The LIFE-GIVER In Small Groups

PREPARED BY
JESUS YOUTH INTERNATIONAL TEAM

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THE BASICS OF GROWING IN A JESUS YOUTH CELL GROUP
A HANDBOOK FOR BEGINNERS



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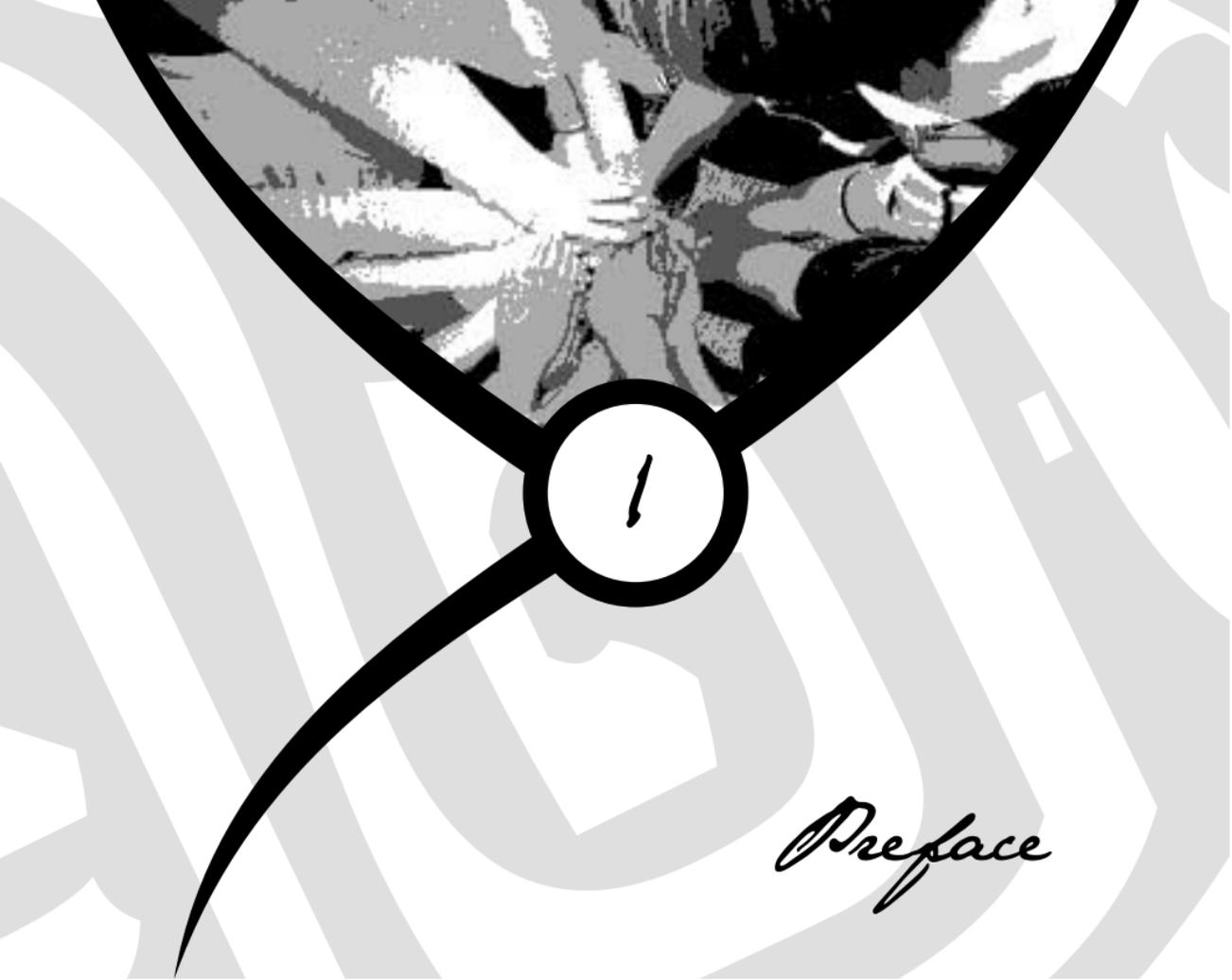


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Preface

INTRODUCTION

Time with God and with like-minded peers is indispensable in the journey of a young Christian. Cell groups provide an avenue for this: they are small, intimate gatherings of youth that come together regularly to nurture their relationship with God and one another. These groups, using various components, assist in personal spiritual growth and foster a new lifestyle.

Cells or small fellowship groups are the basic units of the Jesus Youth movement. They play an important role in the mutual enrichment, spiritual guidance and formation of young Christians in a creative way. Discipleship is not a one-time experience but a process and 'Celebrate' hopes to assist in this process. As the movement celebrates this year as the 'Year of Cells' with a renewed focus on encouraging existing cell groups and fostering the growth of new cells, Jesus Youth around the world will undergo the same process to grow in discipleship and make a deeper commitment.

HOW TO USE THIS BOOKLET

This booklet will provide you with the means to attain a new spiritual lifestyle. The essential components of an effective cell meeting are laid out in sixteen modules that are centred on four main themes. The components are :

- Fellowship
- Prayer
- Bible Sharing
- Personal Sharing
- Ministering and Intercession
- Cell Specialties
 - Examples of cell specialties include outreaches, spending time with your mentor, Adoration, outings/camping, Bible workshops, visiting homes/places, working together to take up challenges, evangelization initiatives, intercession, etc.
 - While the first five components listed above are constant and follow a certain order during the meetings, cell specialties tend to be flexible activities and can be arranged any time.

- Although mentoring and outreaches may not happen at all meetings, it is ideal if it happens at least once a month. Note: A mentor is necessary for the mature growth of a cell group.

The Jesus Youth movement has a very informal style of conducting youth meetings. A cell meeting must be a true example of this informality where everyone feels at home, and shares openly with one another. The 16 sessions/modules are designed to help you come together as a family and develop “KOINONIA” –oneness, spiritual union and communion with Christ and with one another.



2

Cells

A Creative Formation Plan for Young Christians

*"When I look back on the early days of Jesus Youth, it is interesting to note that the first leaflet we brought out as part of a series on 'Basic Formation' was about small groups or 'Youth Cells'. One of the early conferences 'Jesus Youth '87' had a very specific condition for participation - each participant had to be a member of a Jesus Youth cell. Participants of the conference came from hundreds of cells, and we had an unforgettable gathering." **Dr. Edward Edezhath**, Jesus Youth International Animator.*

Every person, young or old, wants to be in good company. It is in friendship groups that a person can be truly oneself and free. Such informal friendship groups have an important role to play in the Lord's plan of formation. Taking renewed life in the Lord to such close-knit fellowships is the challenge of true lifestyle formation.

HOW RELEVANT IS IT IN TODAY'S WORLD?

In 1991, when Pope John Paul II brought out an encyclical letter on the Church's missionary mandate, *Redemptoris Missio*, he talked about the importance and relevance of small groups: "A rapidly growing phenomenon in the young churches – once sometimes fostered by the Bishops and their Conferences as a pastoral priority – is that of "ecclesial basic communities" (also known by other names) which are proving to be good centres for Christian formation and missionary outreach. These are groups of Christians who, at the level of the family or in a similarly restricted setting, come together for prayer, Scripture reading, catechesis and discussion on human and ecclesial problems with a view to a common commitment. These communities are a sign of vitality within the Church, an instrument of formation and evangelization and a solid starting point for a new society based on a 'Civilization of Love'." (*Redemptoris Missio*, 51)

In the Jesus Youth movement, there is a special emphasis on active participation in small communities or cells, since it is the best forum for personal formation, as well as formation for missionary service. The words

of Pope John Paul II affirm the Holy Spirit's guidance in Jesus Youth. Small fellowship groups or cells play an important role in mutual enrichment, spiritual guidance and formation of young Christians in a creative way. The time has come to reaffirm the original vision of the movement that to be a true Jesus Youth, participation in a cell group leading to growth in mission is vital.

HOW DO WE DO IT?

There is, of course, no rigid pattern, but when this small group comes together, as the Pope tells us, there is prayer, Bible reading, sharing and reflection on one's life in relation to the specific living condition in which one is. Without such a "little community" of one's own, it will be very difficult for a Jesus Youth to build 'a civilization of love' at home, in the workplace or at places of study.

WORKING STYLE

A cell is a small group of 4 to 7 people that comes together at least once in 3 weeks at a convenient place– it could perhaps be in the hostel/dorm room of a friend, near the changing room of a factory, at home, etc. Informal but steady and regular - that's a Jesus Youth cell. It can have as many people (maximum 7 persons for an individuals' cell or 4 to 5 families for a couples' cell) that would facilitate good interaction among one another. The nature of these cells will vary according to the life situations of its members. There can be cells among parish or campus youth, professionals or couples, in parishes or colleges, workplaces or homes, hostels or dorms or factories. The style and content of the cell gathering will also differ according to these varying circumstances. If it is not a Couples' Cell, small groups of people of the same gender will promote greater openness and sharing. Many such groups often form a lively Jesus Youth community. These cells grow well when they are linked to the main group like a branch connected to the main trunk of a tree (John 15:1-2), and bear rich fruits of evangelistic, holy lives, and active ministries in the Church.

CELL GROUPS ARE DESIGNED FOR CHRISTIANS WHO ARE WILLING TO :

1. Meet once or twice in a month
2. Share / reflect based on the Scriptures
3. Grow in Catholic faith, prayer and fellowship
4. Encourage and support one another
5. Maintain confidentiality and accountability
6. Undergo a personal formation as well as reach out to others

Ideally a cell meeting should last at least 2 to 3 hours, with enough time for each member to pray, interact, share and discuss. Prepare a plan or schedule to divide the time and thus get the most out of the meeting. For example:

IF THE MEETING IS 2-3 HOURS, YOU CAN SPEND:

- 30-40 minutes hours for prayer, praise and worship, rosary, intercession, etc.
- 1 hour for Bible reading and reflection, discussion and personal sharing
- 30 minutes in fellowship: talking, games, jokes, food, relaxation, etc.
- 30 minutes for Cell Specialties

HERE ARE A FEW TIPS TO HELP YOU PREPARE FOR THE MEETING

- Start praying for your cell group
- Plan ahead
- Decide on sharing areas (topics, issues, etc.)
- Be ready for the meeting
- Get the group involved

Each and every member of the cell group should be aware of his responsibility to contribute towards achieving the goal of the meeting i.e. to share the high points and the struggles in their spiritual life, to know each other well and extend necessary support and encouragement in a very personal way, and to be open to guidance and suggestions essential for the deepening and growth, in the journey of faith.

TIPS FOR A FRUITFUL CELL GROUP MEETING

- Create a relaxed atmosphere
- Learn to listen, understand and motivate
- Be enthusiastic, and feel free to share jokes and enjoy the fun time
- Be ready to contribute rather than be at the receiving end
- Be disciplined (e.g. coming on time, etc.)

In a nutshell, a cell is:

- a sharing group
- a healing fellowship
- a caring community
- an extended family
- a creative formation plan for young Christians
- a home base for missionary service

It can also help members clarify their roles with respect to their own ministries or mission field. It will not only enrich and deepen the relationships, but also help everyone contribute more to the Kingdom of God.

In Jesus Youth, we often talk of an itinerary of holiness with the six pillars - prayer, the Word of God, fellowship, sacraments, evangelization and option for the poor as specific steps. Cells become an operative key, constantly reminding and urging its members to press on towards the twin goals of holiness and mission. Jesus' plan of building a new heaven and new earth (Rev.21:1), given the hectic pace of life today, is through the special dynamics of small communities. This will, without a doubt, help us fulfill Jesus' saying: "By this all men will know that you are my disciples, if you have love for one another." (John.13:35)



3

The Cell Covenant

Before you start your Cell meeting, it is important to agree (as a group) on your goals and common disciplines. When the members come to know about why they are gathering, what is expected of them, what they will be doing together, and how they should prepare, the meeting will become more joyful and organized with clarity of mission. A sense of belonging will grow among the members, leading them to become one in Jesus (Mathew 18:20).

A cell covenant is essentially an agreement among members about things like attendance, confidentiality, availability, outreaches, receiving guidance and taking responsibilities. This is important, as it creates the suitable atmosphere favourable for formation. Even if you think it is not essential in the beginning, after a few months, you will realize that common disciplines are important and necessary. If you are already part of a cell, please check whether your group has agreed upon these disciplines; if you are not part of a cell, or are thinking of starting a cell, it is vital that you pray and discuss these points with your friends.

1. Attendance

This is your cell and you are a very important person to this small group. You need to make it your first priority by attending, believing you bring a certain value with your presence.

2. Confidentiality

Every member of the cell is important. This means that all that is shared in faith and is personal needs to be kept confidential - this is how we respect each other's situations, and uphold their faith in us. People will grow in such a love-filled, trustworthy and confidential environment.

3. Availability

By joining a group, you are admitting that you need support at various levels, and that you are willing to be of support to others in the same condition. You are called to become available for others in their spiritual or personal needs, as true disciples of Christ (John 13:34-35). "Being available" means making all your resources available (time, money, talents, knowledge, experience, etc.) for the good of others.

4. Accountability

Each session may lead you to check your life and take small decisions, believing and granting permission to the group to 'hold you accountable'. By being trustworthy in little things, God will put you in charge of great things (Mathew 25:21). These occasions will enable you to exercise the virtue of faithfulness in small things.

5. Outreaches

It can be anywhere near your place, where Jesus is needed, maybe in families in your neighbourhood, spending time with patients in old age homes, hospitals, arranging a programme for children, going out for one-to-one evangelization in the streets, etc. This will help you to look at others' needs, be compassionate to them, and keep you mission-focused, adding more to your life and development as a Catholic lay missionary.

6. Guidance

Each cell must be supported by the presence of an Elder (also known as a 'Mentor'), who will help the group grow in the path of discipleship.

Receiving guidance from a mentor is crucial to the Cell Formation Plan. Learning and unlearning is very important in the life of a disciple. Just as Jesus guided the twelve disciples for three years, an experienced person can add more clarity and richness to your spiritual life.

- 7. Responsibilities:** It is advisable to have a leader for the cell, so that they can bring in co-ordination and order. Other responsibilities can be shared. The leadership can be undertaken in rotation among the members for a period of six months or a year.



*A Schematic
Presentation
of Cell Modules*

The Bible teaches us how to follow Jesus as a disciple — this is our call. To follow Him is a personal decision. He challenges everyone to take up his/her cross and follow Him daily. Likewise, we are to make disciples also.

As Christians, we are pilgrims on this earth. We live with the goal of reaching Heaven after our temporary life on earth. The Scripture uses different terms such as pilgrims, travellers, foreigners, ambassadors, wanderers, etc. Fixing our eyes on Jesus, we traverse through this world and co-operate with God's master plan of saving all mankind. While focusing on our own salvation, we also have a responsibility to pray and support others in this pilgrimage of trust on earth.

God accompanies each one of us in this journey of Christian life. The presence of the Risen Christ is the strength of our lives. With God as a companion and other Christians as fellow companions, we are certain of reaching our destination. Cells provide us the opportunity to undergo a more holistic formation. This is God's creative formation plan for growing in discipleship.

There are different ways in which we experience and share God's love in our lives. The early Christians were known as "The People of the Way" or people who follow the "Way of the Lord" (Acts 9:2). We are called to be Spirit-filled and Spirit-led Christians in today's world.

A wonderful illustration of the journey to Heaven can be seen from the Bible. The following passages based on four themes give us very strong images about the need for discipleship, evangelization and growing spiritually in a fellowship group:

- 1) THE WAY TO DAMASCUS
Way of Repentance/Encounter with Jesus (Acts 9:1-19)
 - WALKING WITH SELF
- 2) THE WAY TO EMMAUS
Way of the Word of God (Luke 24:13-35)
 - WALKING WITH JESUS
- 3) THE WAY TO JERICHO
Way of Selfless Love (Luke 10:25-37)
 - WALKING WITH FELLOW COMPANIONS

4) THE WAY TO CALVARY

Way of Suffering (John 19:1-37)

- WALKING AS A DISCIPLE

All these ways begin from Jerusalem, “the place from where all good things come”, and lead to the New Jerusalem.

JERUSALEM BELOW AND ABOVE

A mountainous walled city with a 5,000-year history, Jerusalem is sacred to the three great monotheistic religions of Judaism, Christianity and Islam. This means it is sacred to more than a third of the world’s population.

For Jews, Jerusalem is the site of the Temple, now in ruins except for the Western Wall; for Christians, the site of Christ’s crucifixion and resurrection; for Muslims, the site of the Prophet Muhammad’s night journey to heaven. Jerusalem is thus a major site of pilgrimage for all three religions as well as, unfortunately, a place of religio-political tension over this important piece of land.

Jerusalem is a popular destination for religious and non-religious travelers alike, thanks to its unmatched historical and spiritual importance, its network of museums and concerts, and the archeological treasures that are continually rediscovered and displayed in ways that interact with the daily life of the city.

Just as it is not possible to tell the Christian story without reference to time, “crucified under Pontius Pilate,” in the words of the creed, so one cannot speak of the Christian mysteries without reference to place. When Cleopas and another disciple met Jesus on the road to Emmaus, Cleopas said to him, “Are you the only visitor to Jerusalem who does not know the things that have happened there in these days?” (Luke 24:18). From the very beginning Christian belief was oriented to events that had taken place in Jerusalem.

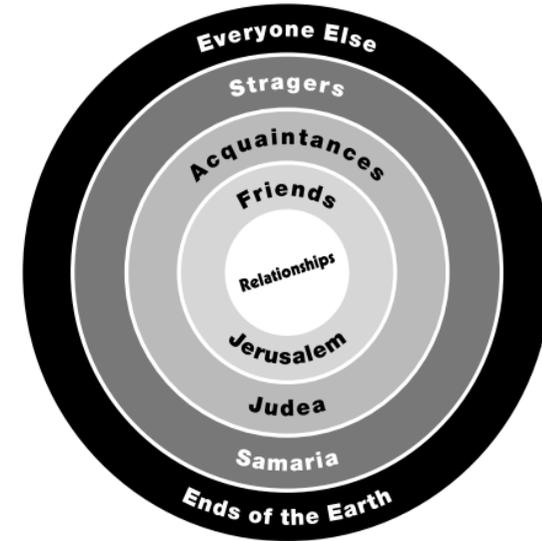
The Christian Church had its beginnings in the city of Jerusalem. In Jerusalem the first Christian martyr, Stephen, met his death, and in the fourth century a great church was built in Jerusalem to house his relics and honour his memory. In a sermon preached in Jerusalem in the fifth century to venerate Stephen, Hesychius, a presbyter in Jerusalem,

declaimed: "Among us Stephen fixed his courtyards and his tents, among us he received the lot of his ministry and the part of his martyrdom." Only Christians whose home was Jerusalem could say that these things have been accomplished "among us."

Christians love Jerusalem as the holy place where the salvific events of Jesus Christ took place. But we do not overstress it because from the very beginning of Christianity there was a clear distinction between "the Jerusalem above" and the "Jerusalem below" (Galatians 4:25-26). An eschatological face of Jerusalem is clearly depicted in Revelation 21. The "Jerusalem below" belongs to the Christian past, whereas "the Jerusalem above" belongs to the Christian future.

We would better put it in this way: a true Christian life is a living of "the Jerusalem below" looking forward to "the Jerusalem above".

"And when they came together, he gave them this order: "Do not leave Jerusalem, but wait for the gift I told you about, the gift my Father promised." (Acts 1:4) "But when the Holy Spirit comes upon you, you will be filled with power, and you will be witnesses for me in Jerusalem, in all Judea and Samaria, and to the ends of the earth." (Acts 1:8)





5

*Overview of the
Sixteen Modules*

THEME A

THE WAY TO DAMASCUS

Way of Repentance / Encounter with Jesus (Acts 9:1-19)

Module 1 - My spiritual beginnings

Module 2 - Overcoming personal struggles

Module 3 - Be human; be holy

Module 4 - I love my Church

THEME B

THE WAY TO EMMAUS

Way of the Word of God/Walking with Jesus (Luke 24:13-35)

Module 5 - You are strong as the Word of God lives in you

Module 6 - Sacramental life

Module 7 - Affirming each other (Be joyful always)

Module 8 - I am a gifted person

THEME C

THE WAY TO JERICHO

Way of Selfless Love/Walking with Fellow Companions (Luke 10:25-37)

Module 9 - Life in the Spirit (identifying my charisms)

Module 10 - Sharing my resources

Module 11 - Effective witnessing

Module 12 - Overflowing with God's love (evangelization)

THEME D

THE WAY TO CALVARY

Way of suffering/Walking as a Disciple (John 19:1-37)

Module 13 - Surrendering (growing as a disciple)

Module 14 - Involvement in ministry

Module 15 - Experiencing freedom in its fullness

Module 16 - Making disciples (people planters)



*Sixteen Modules
Centred on Four Themes*



THEME A

THE WAY TO DAMASCUS

Way of Repentance / Encounter with Jesus (Acts 9:1-19)

Module 1

My Spiritual Beginnings

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Saul becoming St. Paul (Phil 3:5-14)
- 4) Personal sharing
 - What were the crossroads in Saul's life, which transformed him into St. Paul?
 - Share your testimony/the areas of your life in which you have grown over the years.
- 5) Ministering and intercession
 - Share about the good things you have seen in your cellmates' life and pray particularly for them.
- 6) Cell Specialties (optional)

Note: Cell Covenant Form (on Page 50) – to be done personally at home. Read the part on cell covenant, pray about the various topics in the Cell Covenant and sign the covenant at the next meeting.

Module 2

Overcoming Personal Struggles

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Jesus and the disciples on the boat (Mark 4:35-41)
- 4) Personal sharing
 - Why did Jesus ask the disciples to go across the lake?
 - Share the most beautiful/difficult things that happened in your life recently.
 - Share some of the sufferings/struggles (storms) which passed you/you went through.
- 5) Ministering and intercession
 - Jesus said, "It's I, take courage" ...pray for your cellmates for the courage to go through the storms in their life.
- 6) Cell Specialties (optional)

Module 3

Be Human, Be Holy

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The Beatitudes (Mathew 5:1-12)
- 4) Personal sharing
 - What are your thoughts about the Beatitudes? Find out the strong areas in your cell members' lives related to the Beatitudes.
 - Share about the areas in your life, which need to be rebuilt, based on the teachings of Jesus.
- 5) Ministering and Intercession
 - Pray for your friends to rebuild the needed areas on the solid Rock.
- 6) Cell Specialties (optional)

Module 4

I Love My Church

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Our role in the Church (Mathew 28:16-20)
- 4) Personal sharing
 - Share about the person (saint/pope/bishop/priests/nuns/lay people/ JY,etc.) who has influenced you most in relation to the Church, or has motivated you to love the Catholic Church.
 - How are you expressing your love towards the Church?
 - How are you participating in the Church's mission?
- 5) Ministering and intercession
 - Pray for an infilling of the Holy Spirit upon your friends, especially for renewed missionary zeal.
- 6) Cell Specialties (optional)

Note: Kindly fill in the Cell Details Form on Page 70 and hand it over to the Service Team.



THEME B **THE WAY TO EMMAUS**

Way of the Word of God / Walking with Jesus (Luke 24:13-35)

Module 5

Young People You Are Strong As the Word of God Lives In You

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The Word of God in our life (1John 1:14)
- 4) Personal sharing
 - Share about the few Bible verses which touched you/really transformed you.
 - What are the problems you are facing in reading, meditating and studying the Word of God?
 - What are the steps you need to take to study and live-out the Word of God?
- 5) Ministering and intercession
 - Pray for a special anointing on all the members to have a deeper thirst for the Word of God.
- 6) Cell Specialties (optional)

Note: Kindly go through the Personal Spiritual Discovery on Page 64

Module 6

Sacramental Life

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The Emmaus experience (Luke 24:13-35)
- 4) Personal sharing
 - When was the last time you experienced God walking with you, listening to you, responding to your fears and hopeless situations, and empowering you through His Word?
 - “Jesus took some bread, gave thanks, divided it, and gave it to the disciples. And then they were allowed to recognize Jesus” – How does the Holy Eucharist transform your life when you celebrate it? Is the Eucharist the utmost source of your strength and power, which helps you to strengthen others?
- 5) Ministering and intercession
 - Pray for the special grace to have a balanced sacramental life.
- 6) Cell Specialties (optional)

Module 7 Affirming Each Other (Be Joyful Always)

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Mary visits Elizabeth (Luke 1:39-56)
- 4) Personal sharing
 - When was the last time you visited your friend and spent some time in prayer together? How motivating was it for both of you?
 - “You are blessed because you believed that what the Lord said to you would really happen.” Are you joyful that God made you a blessing to others wherever you are? Express this joy by affirming your companions.
 - How are you allowing the Holy Spirit to become active/inactive in your life?
- 5) Ministering and intercession
 - Pray for the few people you are planning to visit in the coming days.
- 6) Cell Specialties (optional)

Module 8 I Am a Gifted Person

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The parable of the talents (Mathew 25:14-30)
- 4) Personal sharing
 - What are the important talents/gifts you have in your life? Share life experiences where you became a blessing to many using your gifts.
 - What are the ways in which you try to develop your God-given talents? Am I a loyal servant or a lazy servant?
- 5) Ministering and intercession
 - Pray for each other for the usage of gifts and charisms in your personal life or ministry.
- 6) Cell Specialties (optional)



THEME C

THE WAY TO JERICHO

Way of Selfless Love / Walking with Fellow Companions
(Luke 10:25-37)

Module 9

Life in the Spirit (Identifying My Charisms)

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: A new lifestyle (1 Cor. 12:1-11)
- 4) Personal sharing
 - What type of changes is the Word of God leading us to?
 - Focus on your strengths since everybody has special charisms. What are your special charisms that are being used a lot; which are those that are less used?
 - Share some of the problems which you are facing while living out Gospel values.
- 5) Ministering and intercession
 - Pray especially for specific charisms you already have, and for the grace to use them wisely and according to God's will.
- 6) Cell Specialties (optional)

Module 10

Sharing My Resources

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The boy with five loaves and two fish (John 6:1-14)
- 4) Personal sharing
 - What motivated the boy to share his little bag of resources, which led to the opening of God's big bag of resources?
 - Have you come across the 'Surplus Experience' after sharing your little resources?
 - What are the obstacles in your life that prevent you from sharing your resources (time, knowledge, money and tithing, health, everything you have) with others?
- 5) Ministering and intercession
 - Pray for the grace to share our resources with others in need.
- 6) Cell Specialties (optional)

Module 11

Effective Witnessing

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The good Samaritan (Luke 10:25-37)
- 4) Personal sharing
 - Share about an occasion/situation in your life in which you were helped by another person and felt very motivated.
 - Share some of the sufferings/struggles you had to pass through while you tried to help others. Do you take your sins of omission seriously?
 - Share some of your person-to-person evangelization experiences/ personal witnessing experiences
- 5) Ministering and intercession
 - Pray for each other for the fruit of the Holy Spirit.
- 6) Cell Specialties (optional)

Module 12

Overflowing with God's Love (Evangelization)

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Jesus and the Samaritan woman (John 4:1-42)
- 4) Personal Sharing
 - What was special in Jesus' approach towards the Samaritan woman?
 - Share about a few of your one-to-one gospel sharing experiences.
 - Share your dreams about your missionary life and evangelization (personal/ministry)
- 5) Ministering and intercession
 - Pray for each other for missionary spirit to advance the Kingdom of God.
- 6) Cell Specialties (optional)



THEME D THE WAY TO CALVARY

Way of Suffering / Walking as a Disciple (John 19:1-37)

Module 13

Surrendering (Growing as a Disciple)

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The disciple and the cross (Luke 14:25-30)
- 4) Personal sharing
 - What was your first attitude when you decided to follow Jesus?
 - Share about a few of the trials/problems you faced initially, and how you overcame them.
 - What are the areas in your life, which are currently crosses to you?
- 5) Ministering and intercession
 - Conduct the 'Way of the Cross' and pray for the strength to carry your cross in your life.
- 6) Cell Specialties (optional)

Module 14

Involvement in Ministry

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: The kingdom of God and the rich young person (Mathew 19:16-30)
- 4) Personal sharing
 - What do you think about the rich young man? How should he empty himself in order to follow Jesus?
 - What is your focus related to following Jesus? Other than Jesus, what are the things tempting/motivating you in your ministry?
 - Share about the things that you need to empty from your life in order to follow Jesus with your whole heart and mind.
- 5) Ministering and intercession
 - Pray for the gifts and charisms needed in your friends' personal ministry.
- 6) Cell Specialties (optional)

Module 15

Experiencing Freedom in its Fullness

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Jesus came to give us life in its fullness (John 10:7-11)
- 4) Personal sharing
 - Share about areas in your life where you received God's healing touch/ experience of freedom.
 - What are the things we need to keep in mind in this continuous process of healing/receiving freedom?
 - Where all are you present as God's healing hand for others?
- 5) Ministering and Intercession
 - Conduct a healing adoration for the cell group
- 6) Cell Specialties (optional)

Module 16

Making Disciples (People Planters)

- 1) Fellowship time
- 2) Time of prayer
- 3) Bible sharing: Go and make disciples (2 Timothy 2:1-2)
- 4) Personal sharing
 - Share about a few people who supported/helped you a lot in your spiritual growth.
 - What were Jesus' special ways of teaching his disciples?
 - Share about the few people whom you are supporting personally/going to support in the future and how you are doing it/ going to do it.
- 5) Ministering and Intercession
 - Spend time in intercession for all the people you are supporting personally.
- 6) Cell Specialties (optional)



Cell Covenant Form

For the next one year, we agree to the following disciplines as a group.

1. Attendance : _____
2. Confidentiality : _____
3. Availability : _____
4. Accountability : _____
5. Outreaches : _____
6. Receiving Guidance : _____
7. Taking Responsibilities : _____

We will meet _____

I will try, with God's help, to be a regular, faithful member of this cell group.

Name _____ Signature _____

Names of Cell Group Members:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



WHO CAN BE A MENTOR ?

- At least 5 years of JY involvement, preferably be a part of an existing cell or should have a cell experience
- Person of integrity and following the JY life style
- Should be of the same gender as the group
- The mentor should have a open channel of communication with the Regional Service Team
- Should be available for the cell members during and after the cell meetings
- Local Regional team or leadership team can prepare a panel of possible mentors and give them an orientation

ROLES OF A MENTOR

1. LOVE YOUTH: Know them, pray for them; attract and challenge.
2. BE NEAR THEM: Be positive, help them to have a fresh outlook, use their language and relevant dynamics.
3. HELP THEM IN SELF DISCOVERY: They are individuals in need of growth, unique persons. Give confidence, encourage initiative.
4. HELP THEM TO BE PART OF THE JESUS YOUTH MOVEMENT: Give them new friends, a new culture, a movement to which they belong. Introduce them to net working and to a wider reality.
5. GIVE THEM A MISSION: Motivate them to reach out, evangelize, build a new culture and world order. Motivate the group as a whole to move towards the goal
6. SUPPORT THEIR QUEST FOR SPIRITUALITY: Help them discover a relevant expression of their faith drawing from the riches of the Church.
7. COMMUNITY BUILDING: Build up proper relationship among the members of the group
8. LISTENING: Give a listening ear to the cell members
9. FACILITATE: Be a good facilitator and not a leader. The mentor should play the role of facilitating the cell meetings and the group and not be a autocratic leader
10. AVAILABILITY: Should make time for the cell members as a group and also meet them individually as the need arises.



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Other Useful Material

SUGGESTED CELL SHARING TOPICS

1. Share the most beautiful thing that has happened in your life recently
2. Share about the positive attributes of your cell members
3. Share some of the sufferings/struggles you had to pass through during the past weeks
4. Share some of your person-to-person evangelization experiences
5. Share some of your recent insights
6. Share your expectations about the cell group
7. Share about some of the confusions in your life
8. Share about the most difficult situation you experienced recently
9. Share some of the problems which you face while living out Gospel values
10. Share your dreams about your future
11. Share your involvement in the ministry/Jesus Youth
12. Share some of the problems you are facing in your family/work situation
13. Share some of the events, which provoked you recently

14. Share about the areas in your life, which you are finding difficult to improve
15. Share about your sacramental life
16. Share about the areas of your life in which you have grown over the years
17. Share about the different ways in which you encourage others
18. Share how the cell group is helping you face everyday difficulties
19. Share some of the experiences related to the recent programmes you attended
20. Share about the different things that happened in your life in the past weeks
21. Share about your positive and negative childhood experiences
22. Share some of the blunders or foolish things that have happened in your life
23. Share about the saint you like most
24. Share about the person who has influenced your life most
25. Share about the aspect in your life, which makes you sad/proud

26. Share some of your greatest achievements
27. Share about an occasion/situation in which you felt very motivated
28. Share about your methods of overcoming temptation
29. Share your dreams about getting married/raising children
30. Share about some of the initiatives you have taken in your life
31. Share about some of the persons you find difficult to forgive or relate with
32. Share about some of the weaknesses in your life
33. Share about how you intercede for others
34. Share some of your outreach experiences
35. Share about some of the lessons you learned/insights gained from a book you read recently
36. Share how you feel about making money

MY SAINTS CELL

I have a cell whose members are very dear to me. Two of my strongest companions are David of the Old Testament, and the Little Flower, St. Therese of Lisieux. I used to sing with David, but sometimes we fell short of words. I also like to call myself the little sister of the Little Flower; she reminds me to make small sacrifices and to pray for others with love. Whenever I feel cold and weary at heart, I ask them to help me love my Lord as they loved Him. Joseph, also of the Old Testament, is another favourite companion of mine. Daniel and Timothy are also my friends. I get Daniel's help when I have a difficult time understanding things, and Timothy inspires me to go forward. St. Paul is another strong man who said, "Who can separate me from Christ?" We join the chorus singing, "Nothing can ever snatch us from our Father's hands."

- My saints are always with me and they help me in my long and tiring journey to heaven.
- They help me to not lose sight of my destiny, and hold on to my Lord in faith.
- When I pray, I seat them around me.
- I also get my guardian angel to sit beside me.
- When I talk to others about Jesus, I ask my saint companions to speak to them since they know our Lord more intimately, and know what to say to them.
- In my intercessions, I take hold of their hands, asking them to join me in prayer, so that it will be more sanctified.
- Everyday I ask them to keep me with Jesus, and to help me remember their experiences, so that I may also be seen along with them in glory.
- When I fail in my commitment, I ask them to support me with their strong commitment to the Lord.
- When I feel low, I ask them to give me insights on the cross of our Lord, in which they used to take refuge.
- When I go for Mass, my saints are around me with their hearts full of joy. I pray that in Communion, I may receive a share of what they experience, and may know the Lord a little more.

- We go together for confession and return singing a triumphant song.
- I always take them to my workplace where they busily help me. When I feel that I am overloaded, I ask them to take care of things for me.
- When I feel bored at work, I call them for help.
- Often, I was surprised to see how things changed.
- I share my dreams and concerns with them.

Interesting, isn't it? You can also start your Saints Cell today, as all the saints are ready to be in touch with you. They're just waiting for your invitation! *If you love them and are happy to pray to them, they can all be the members of your Saints Cell.* Without a doubt, it will be a powerful support for your spiritual life.

THE SIX PILLAR CHALLENGE ASSESSMENT TOOL

The Jesus Youth movement strives to promote an active Catholic lifestyle while simultaneously answering the modern day challenges of a layperson. Once we establish and teach youth clear values, we need to give them markers to help them see where they are on their spiritual journey. The most effective markers are the six pillars:

- Personal Prayer
- Word of God
- Sacramental Life
- Fellowship Groups
- Evangelization
- Option for the Poor

To get a clear picture of the six pillars in your ministry, use the assessment tool below to evaluate where you are spiritually. Even better, invite each member of your cell team to assess your ministry and then gather to discuss your findings.

Using the six pillars as spiritual formation markers provides a practical structure that both you and your group can use to pursue and keep track of your spiritual growth, faith formation, and involvement in the ministry - not just for the beginning years, but for a lifetime of full devotion to Christ.

Take a moment to review your responses below to “Six Pillars – A Personal Spiritual Discovery.” This challenge will help your cell team not only survive, but thrive throughout the spiritual, emotional, and relational challenges of young adulthood.

The following is not a test, and no one is expected to get a perfect score. It is also not for comparison with others. Pray for the help and guidance of the Holy Spirit to do this exercise. Read each item and mark the column that most nearly represents your evaluation.

PERSONAL SPIRITUAL DISCOVERY

Tick whichever is appropriate

	Always	Usually	Sometimes	Never
MY PERSONAL PRAYER				
I have a daily quiet time				
I have an urge to do my personal prayer				
I enjoy my time of personal prayer				
I try to make Christ the Lord of all the areas in my life				
I feel close to the Lord throughout the day				
I keep a prayer list and pray for the people and concerns in that list				
I experience specific answers to my prayers				
I never compromise my personal prayer, no matter how busy I am				
I enjoy talking and listening to the Lord				

	Always	Usually	Sometimes	Never
SACRAMENTAL LIFE				
I try to take part in Eucharistic celebrations on weekdays				
I take part in Eucharistic celebrations meaningfully				
The Eucharist is the source and summit of my daily life				
I go to Confession at least once in two weeks				
I have a regular confessor				
Living the Word of God				
I read my Bible daily				
I regularly partake in a Bible Study				
I memorize verses of scripture				

	Always	Usually	Sometimes	Never
I apply the Word of God in my life				
I take notes during Bible studies				
FELLOWSHIP				
I have a regular prayer meeting				
I go to my prayer meeting every week				
I have a cell group and we meet regularly				
I am in touch with the Jesus Youth leadership in my region				
EVANGELIZATION				
I pray for lost souls regularly				

	Always	Usually	Sometimes	Never
I share my testimonies with people at appropriate times				
I share the plan of salvation to those who are open to it				
I witness Christ in my family life				
I am a good witness for Christ in my office/ college/work area				
I have a burden for souls and pray regularly for them				
I find new individuals and try to share Christ with them				
I use my gifts and talents to build the Kingdom of God				
I use the charisms of the Holy Spirit in my life (personal/ministry)				
I set aside my tithe (money/time/other resources) and make regular contributions to the ministry				

	Always	Usually	Sometimes	Never
I have a clear goal in my life and work towards it				
I am aware that God has called me for a great purpose				
OPTION FOR THE POOR				
I feel compassion for those who are in need				
I go for outreaches				
I meet the poor/aged/unprivileged and spend time with them personally				
I set aside a portion of my income for the poor/aged, etc.				



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Cell Details Form

Name of my cell : _____

Names of Cell Group Members:

- 1. _____ 2. _____
- 3. _____ 4. _____
- 5. _____ 6. _____
- 7. _____

Contact Details of the Cell Co-ordinator:

Address : _____

Phone (Res) : _____
Mobile : _____
Email : _____

Region : _____
Mentor : _____