

**Cornerstone Christian Family Church**  
**Cell Group Notes**  
**05 February 2015**  
**“Hunger Painz”**

**Cell Notes: (please encourage members during announcements about Fridays program – this Friday we will be having a worship service with communion)**

**Welcome:**

Welcome all members warmly, also enquire about the state of the bible reading plans and encourage members to continue and not give up on reading the word of God.

Enquire from group if anyone has read anything interesting in their bibles over the past few days and if they would like to share on that? (allow a few minutes of discussion)

**Interaction Point 1:**

Enquire again from members how has the fast been going? Allow time for testimonies and also make a note for the office.

Enquire from members as well what is it that they find difficult over the fast? (e.g not watching soccer, etc)

Allow adequate time for group to share as this will lay a foundation for the next interaction point.

**Interaction Point 2:**

Ask around the group who remembers what the word on Sunday was all about? (Allow group to share and then fill in the areas they have not covered)

- a) Psalm 42:1-7 The psalmist was in exile and he was depressed because he felt separated and distant from the presence of the Lord( the temple and Jerusalem for Jews symbolises Gods presence) He writes that as a deer cannot survive without water , he cannot survive without the Lord.
- b) This deep desire is what every believer should have. As new born babes we have this hunger and thirst for the Lord.
- c) Hunger and thirst are natural expressions of the body to request a need for food and water, but when one loses ones appetite that is a sign that something is not right with the body. It is the same with us spiritually, if we have no appetite(hunger and thirst) for God, we should be concerned because it is a sign that something is wrong spiritually. If we can go for days without the word, weeks without church(coming to God) or not pray for a season – then we should be concerned, very concerned.
- d) Our appetite dictates the direction of our lives:
  - i. Looking back at what we struggle with can be an indicator to where our hunger (appetite)lies  
e.g Esau’s appetite was for FOOD (Gen 25:30) it was that appetite that caused him to lose his birth right as the elder son
- e) It is this lack of hunger that keeps believers from experiencing the fullness of the father. We miss church programs and life changing meetings because we often give in to what our hunger dictates (friends, movies, soccer, etc.)

**Interaction Point 3:**

How can we change this and get back to hungering and thirsting after God?

- a) Ask God for help. Repent for all the distractions and prayerlessness we have allowed into our lives. Ask Jesus for a fresh hunger for prayer and His word and for grace to seek Him diligently.  
(please note repent means we don’t go back to those things)

- b) Make time to pray every day. Set a schedule that you can keep
- c) Use the Bible. As you read pause to talk to God about His word. Ask for more insight, and grace to obey what its saying. Pray the prayers of scripture over yourselves, for example Ephesians 1:17-21.
- d) Surround yourself with people, teachings, books and music that stir your heart to seek God.
- e) Commit yourselves to attend regular cell meetings, church meetings,etc
- f) If you want to receive more from God faster, then fast. (Share a bit)

**Announcements:**

- 1) Church is Fasting 26 January – 15 February
- 2) Friday night 18h00 we will be meeting for a Songs of Songs service + communion, if transport is required for your cell, please talk to senior shepherd before Friday so that arrangements can be made with Transport department

**Scriptures used on Sunday:**

"Blessed are those who hunger and thirst for righteousness, for they will be filled" (Matthew 5:6).

"...whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life" (John 4:14).

"Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty" (John 6:35).

"On the last and greatest day of the Feast, Jesus stood and said in a loud voice, 'If anyone is thirsty, let him come to me and drink. Whoever believes in me, as the Scripture has said, streams of living water will flow from within him'" (John 7:37-38).

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy?" (Isaiah 55:1-2).

"O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water" (Psalm 63:1).