**Cell Group Bible Study**

**Encountering Jesus in the Old Testament**

**Introduction**

Welcome to the start of our church’s sermon series and cell group bible study on Encountering Jesus in the Old Testament! We will be embarking on this journey for next seven weeks from 8 January till 19 February.

*Why look for Jesus in the Old Testament?*

1. It **deepens our appreciation and love** for Holy Scripture. Reading the bible is no longer one-dimensional but becomes relevant, applicable and most of all, relational. Within the text of the bible we can find more of Jesus revealed and this is such an exciting journey.
2. It helps us **find true life**. Jesus clearly states to all Scripture speaks about him and points to himself (John 5:39-40). And as he alone is the source of life, we find life when we come to him through the Scriptures revealed.

*What is a suggested cell group and bible study format?*

1. You can incorporate the elements of the **4 W’s** for your cell meeting: **Welcome** (personal thanksgiving), **Worship** (songs), **Word** (bible study) and **Works** (prayer for each other and upcoming events of the church).
2. Each of the bible study will consist of three elements:
   1. **Introductory question** for discussion (related to the focus of the bible study)
   2. **Discussion question(s)** based on the passage
   3. **Possible application(s)** in daily life
3. You may not include all of the elements in a single cell group session but please don’t ignore any of these elements over the longer term.

*What can be helpful for cell members to be more involved?*

1. Everyone should try to read the bible passage beforehand or during the meeting.
2. Cell members can be rostered to lead in the various elements within the cell meeting: welcome, worship, bible study or prayer
3. In smaller groups, cell members can keep in touch with one another about how they have been applying the lessons learnt in the sermon/bible study throughout the week. You can also ask cell members to share and update about their previous week’s resolution that they have set for themselves.

*What is helpful for you as a cell leader to have a fruitful meeting?*

1. Keep your cell group meeting and your members in prayer throughout the week.
2. Encourage everyone to share and thank them for sharing – there are no wrong answers (unless it contradicts what God says!) and each opinion should be valued.
3. Look to affirm what your members are sharing – especially about how God may be speaking or leading them in their lives.
4. Feel free to stop at any point to elaborate if the Spirit is leading you to – **you don’t have to complete all of the discussion questions.**
5. Look to end every meeting in prayer committing everyone and the week ahead to God’s blessing and keeping.

**Encountering Jesus Bible Study (12 Feb)**

**Jesus in the Psalms**

**Big Idea – We need to follow Jesus’ example of meditating on the Psalms**

Key Verse: *“Your word is a lamp to my feet and a light to my path.”* Psalm 119:105

***A. Introductory Question***

1. What is your most treasured possession and why?

***B. Discussion Questions***

**[Read Psalm 1:1-6]**

In the Old Testament, blessedness refers to a state of happiness, well-being, and prosperity that is granted by God to those who are faithful to Him and follow His commands. It is often associated with the idea of being favoured by God and enjoying His protection and provision. Blessedness is frequently expressed through the use of the Hebrew word "barak," which means "to bless," and is used to describe the divine favour that is bestowed upon individuals, families, and communities who are faithful to God.

1. According to David, what are the actions of the one who is blessed? What do these actions describe of the heart of such a person?

The wisdom writings of the Old Testament frequently use contrasts to express moral and ethical teachings. These contrasts often involve opposing concepts, such as good and evil, wisdom and foolishness, righteousness and wickedness, and wealth and poverty. By highlighting these opposing concepts, the wisdom writers aim to demonstrate the consequences of following one path or the other.

1. List out the contrasts mentioned in vv3-6 between a person who follows God’s law versus the wicked who rejects God’s law.

***C. Application***

We learnt from last week’s sermon that Jesus not only read but memorised and often meditated on the Psalms. This is evident from his example of praying the words of the Psalms at his death on the cross. These prayers come out naturally from him because he thought of them so much. And he would definitely have memorised Psalm 1 and meditated on it much as well.

1. What are two responses we can adopt in our lives from our study of Psalm 1?

Share with one another some practical ways you can put these responses into practice. Spend some time too to commit Psalm 1 to memory in the coming week!

*“Arise, shine, for your light has come, and the glory of the LORD has risen upon you.* Isaiah 60:1