

# Drenched for Transformation

## Cell Notes

**Series:** Drenched  
**Title:** Drenched for Transformation  
**Theme:** How the Holy Spirit's presence and activity within us transforms us so that we are increasingly conformed to the image of God's son (Rom 8:29).  
**Scripture:** Galatians 5:16-24  
**Outline:**

1. Transformation is anticipated...the Spirit bears fruit!
  - a. Anticipation causes hope
  - b. Anticipation causes us to have a sober assessment
2. Transformation is an active process...we are empowered to act!
  - a. The Spirit is active
  - b. We are active
3. Transformation takes place in community
  - a. Community helps us see our sin
  - b. Community helps us overcome our sin

### Questions/Activities:

***Choose some of these questions as you determine appropriate for your group***

1. Why did God create a system, as we find in the Old Testament, that was impossible for his people to live up to? (Expecting outward obedience without inward renewal by the Spirit)? Discuss.
2. Given that Paul sees the desires of the flesh as a real presence and not a triumphant power (i.e. eventual victory is anticipated), **in what areas of your life are you passive in with regard to overcoming sin?**
3. In what ways have you come to see that you have been blind to your sin? In what ways are you opening your life up to others and giving them permission to speak in to your life, to help you see your sin and to help you overcome it?
4. Who can you ask, this week, to identify 3 areas of your character that they can see needs growth?
5. Identify one of the fruits of the Spirit that you want to grow in and ask your cell to help, encourage and keep you accountable in your pursuit of it.

## Resources – that others have used to keep accountable and grow in their walk

### John Wesley's Small Group Questions:

1. Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass onto another what was told me in confidence?
4. Am I a slave to dress, friends, work, or habits?
5. Am I self-conscious, self-pitying, or self-justifying?
6. Did the Bible live in me today?
7. Do I give it time to speak to me every day?
8. Am I enjoying prayer?
9. When did I last speak to someone about my faith?
10. Do I pray about the money I spend?
11. Do I get to bed on time and get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?
15. Am I jealous, impure, critical, irritable, touchy or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisee who despised the publican?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
20. Do I grumble and complain constantly?
21. Is Christ real to me?

### Wesley's Band Meeting Questions

1. What known sins have you committed since our last meeting?
2. What temptations have you met with?
3. How were you delivered?
4. What have you thought, said, or done, of which you doubt whether it be sin or not?
5. Have you nothing you desire to keep secret?

Reference: John Wesley's Class Meetings: a Model for Making Disciples, by D. Michael Henderson, Evangel Publishing House, 1997, pp. 118-9

### Chuck Swindoll's Pastoral Accountability Questions:

In his book, *The Body*, Chuck Colson lists the questions used by Chuck Swindoll.

1. Have you been with a woman anywhere this past week that might be seen as compromising?
2. Have any of your financial dealings lacked integrity?
3. Have you exposed yourself to any sexually explicit material?
4. Have you spent adequate time in Bible study and prayer?
5. Have you given priority time to your family?
6. Have you fulfilled the mandates of your calling?

7. Have you just lied to me?

**Neil Cole:**

1. What is the condition of your soul?
2. What sin do you need to confess?
3. What have you held back from God that you need to surrender?
4. Is there anything that has dampened your zeal for Christ?
5. Who have you talked with about Christ this week?

**Church Multiplication Associates:**

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
2. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate thoughts about someone who is not your spouse this week?
3. Have you lacked any integrity in your financial dealings this week, or coveted something that does not belong to you?
4. Have you been honouring, understanding and generous in your important relationships this past week?
5. Have you damaged another person by your words, either behind their back or face-to-face?
6. Have you given in to an addictive behaviour this week? Explain.
7. Have you continued to remain angry toward another?
8. Have you secretly wished for another's misfortune so that you might excel?
9. Did you finish your reading this week and hear from the Lord? What are you going to do about it?
10. Have you been completely honest with me?