

# Cultivate Discussion Guide

## Learning To See My Value March 9 and 10, 2019

If you missed this weekend's message, view it at [cultivate.sc/discussion](http://cultivate.sc/discussion)

**A Note for Leaders:** As the group leader, you have the freedom to rephrase and/or choose the questions that meet your group's unique needs. Remember, it's okay if you don't answer every question. The goal of your time together is to have REAL conversation about the topics that are most meaningful to your group. Lead the conversation, while being inclusive and giving everyone the opportunity to participate.

---

**Reflect:** Think about this weekend's message. What did you learn? Were you encouraged or surprised? Did something frustrate you or make you feel uncomfortable? Take a few moments to share your thoughts with your group.

**Cultivate Truth:** James 1:22 challenges us that if we only listen to God's word, but don't do what it says, we're deceiving ourselves. To cultivate truth in our lives, relationships and circumstances, we must hear, then obey God's word. That can feel straight forward with a commandment like "You shall not murder," but what about these verses?

And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil. Ephesians 4:26 NLT

Wrongdoers eagerly listen to gossip; liars pay close attention to slander. Proverbs 17:4 NLT

**#1: What would it look like for you to move beyond hearing these verses to intentionally obeying them? Are you willing to be the first to apologize so anger doesn't get a foothold? Will you redirect a conversation instead of listening to gossip? How can you be REAL with others so that you can obey God's word?**

Genesis 4:6 says, "You will be accepted if you do what is right. But if you refuse to do what is right, then watch out! Sin is crouching at the door, eager to control you. But you must subdue it and be its master."

Sometimes we feel caught off guard by sin, like it opened the door and walked right in. In reality, too often we let it in – through our choices, emotions, actions or words.

**#2: Share a time in your life when rather than slamming the door shut to sin, you left it cracked open. Maybe that led to temptation or maybe sin took over. How did that choice impact your emotional health, relationships or faith in God? What did that experience teach you to do differently? How can you "watch out" so that sin does not control you?**

**#3: Pastor Matt reminded us that anger itself is not a sin, but our response to it can be. Does anger most influence your actions toward others (yelling, fighting, lashing out) or do you turn your anger inward (berating yourself, avoidance, physical pain)? What are some ways you have or could process your anger in a healthier way?**

Be REAL with your group about how they can love and support you. Encourage one another and create a safe place to share your struggles, but also hold one another accountable to making choices that are emotionally healthy and spiritually wise.

We gals talk, don't we? Often, we say wise and kind things, but sometimes our words are hurtful. Sometimes we spread lies and half-truth. Sometimes even on purpose. Pastor Matt reminded us that our words can destroy who people are (their reputation) and who they can be (their potential). Our words matter.

**#4: Be REAL with yourself and God as you discuss the following verses and questions with your group:**

“What you say flows from what is in your heart.” Luke 6:45 NLT **Do you need to confess the words you spoke about someone – whether they actually hurt them or EVEN IF they had the potential to?**

“Be imitators of God in everything you do, for then you will represent your Father as His beloved sons and daughters.” Ephesians 5:1 TPT **Do you need to offer someone an apology for something you said – not only so they see you in a new light, but so they see Jesus in you?**

**Do you need to forgive someone for their words? This doesn't excuse them, but instead it allows you to surrender them to God and live free believing the words He says about you:** “Even before He made the world, God loved us and chose us in Christ to be holy and without fault in His eyes.” Ephesians 1:4 NLT

**The Cultivate Podcast:** On Episode 1 of the Cultivate Podcast, Tammy Brown shared that kindness builds credibility. It's more than courtesy, it's character. When women feel safe, they can be real. When women are real, they grow in deeper relationship with one another and more so, with God. **Use life giving words of kindness, grace, love and compassion to tell the women in your group what you treasure about them.**

**Cultivate Prayer:** Close your time together in prayer, inviting women to pray about their specific needs and to pray for each other as you apply what you've learned this week and work out our vision of being REAL with self, God and others. Ask God to help you not just hear His word, but to cultivate it into your lives by purposing to obey it!

**We're Here to Help:** If anyone in your group is struggling with the aftermath of abortion or needs help managing their anger, encourage them to reach out to our Soul Care Team. [Visit move.sc/help](https://www.move.sc/help).