

Cultivate Discussion Guide

How Being Real Makes You Safe May 18 and 19, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion

A few tips for leaders:

- ❖ To help everyone follow along, have them print the Discussion Guide or pull it up on their phone.
- ❖ It's okay if you don't answer every question! Your goal is to have REAL conversation about the topics/questions that are most meaningful to the group.
- ❖ If questions remain unanswered, encourage women to work through them as they cultivate God's word on their own throughout the week.

Reflect: Think about this weekend's message. Did anything in particular stand out to you or take you by surprise? How did God speak to you through the message? Did you feel convicted, challenged or encouraged?

Cultivate Truth: Over the past several months we've discussed cultivating spiritual disciplines into our lives including confession of sin, conviction by the Holy Spirit, receiving correction from God's word and keeping short accounts, both with God and with others.

#1: How are you doing with practicing these types of spiritual disciplines?

- **What has been your greatest challenge?**
- **Where have you seen the most growth?**

This is a moment to be REAL with self, God and others as you check in with your group. There are no wrong answers. Don't compare your walk with God with anyone else's. Rather, use this as an opportunity to be authentic as you support and encourage one another.

#2: Share how the ROGO vision has impacted your life.

- **Is it something you've easily welcomed or had to intentionally practice?**
- **Does being REAL make you feel safe? If not, why?**
- **Which is the hardest for you: REAL with self, God or others?**
- **What are some ways you want to grow in living out our vision?**

Pastor Claude shared some unhealthy habits that can be damaging to our emotional health and destroy our relationships:

The **50/50 Mentality** says, "I'll only meet you halfway. If you do for me, I'll do for you."

That thinking leads to **The Crazy Cycle** which says, "You don't give me what I need, so I'll stop giving you what you need. If you get to _____, then I get to _____."

These habits can lead to irrational thinking, false accusations, justification of poor choices, passive aggressive behavior and a crazy cycle of jealousy and even revenge. Left unchecked, these can devastate our relationships and damage our walk with God.

#3: Have you experienced any of these unhealthy habits & behaviors? This could be within your family, among friends, work dynamics or past/current relationships.

- **How do these behaviors impact you feeling safe?**

#4: Are you personally struggling with any of these behaviors now?

- **What are some steps you can take to break the cycle?**
- **How can your group pray for you?**

#5: Is there a relationship in your life that could benefit from a 100/100 mindset?

Pastor Claude challenged us that if we want to be a safe person, we need to keep our promises. Not just because it's the right thing to do, but because it's the righteous choice before God. Our words - our promises – reflect our character and our relationship with Jesus.

Safe people can be taken at their word. They're reliable, trusted to DO what they say. Safe people also speak words fueled by truth and wisdom - not lies, gossip or slander. Yes, the struggle can be real, but being safe means we STOP living in the dark and if we have to, we drag ourselves into the light. When we KNOW better, we DO better!

Read the following verses out loud as a group:

Too much talk leads to sin. Be sensible and keep your mouth shut. Proverbs 10:19 NLT

Reckless words are like the thrusts of a sword, cutting remarks meant to stab and to hurt. But the words of the wise soothe and heal. Truthful words will stand the test of time, but one day every lie will be seen for what it is. Proverbs 12:18-19 TPT

What you say flows from what is in your heart. Luke 6:45 NLT

Be gracious in your speech. The goal is to bring out the best in others in a conversation, not put them down, not cut them out. Colossians 4:6 MSG

#6: Can people trust you to DO what you say?

- **If keeping your word is a struggle, consider why. Do you make promises bigger than what you're capable of delivering? Does pride and stature take charge over wisdom and humility?**

#7: What do the words you speak say about the condition of your heart?

- **Do your words soothe or stab?**
- **Do you need to practice keeping your mouth shut SO THAT you don't sin?**
- **Remember, we can speak the truth and still be gracious and kind. Being REAL never means being RUDE!**

#8: Is there a promise you need to make good on? This could be something in a relationship, friendship, or your own life that you need to bring out of the dark and into the light SO THAT you are honoring God.

Cultivate Prayer: Grab a partner and take a few moments to talk about the ways you'd like to commit to an authentic life and living out our vision of being REAL with self, God and others. Share one way your partner can encourage you and one way you need them to hold you accountable. Pray for one another in the week ahead and check in with a kind word, a verse or just a reminder that you're praying.

Are You Registered? We're beyond thrilled to welcome Lisa Bevere to Cultivate L!VE on Friday, May 31 and Saturday, June 1 for our Young Adult Gathering. Lisa is a passionate and authentic teacher with a heart to empower women with the REAL truth of God's word, and she has a word for YOU! Go to cultivate.sc/events to buy your ticket now – just \$25 or \$15 for students.