

Cultivate Discussion Guide

Becoming a Safe Person

May 4 & 5, 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 on becoming a safe person. What did you learn? Did anything stand out to you? **Describe what makes you feel most safe - this could be physical, relational or emotional.**

Cultivate Truth: We were designed and created by God to do things His way (love, grace, patience, peace, forgiveness) but the "proverbs" of our world create shortcuts (anger, bitterness, greed, lust, revenge). Pastor Claude reminded us that many of our broken relationships are a result of broken reactions. Our emotions and desires, not God's truth, drive us.

If we desire to be women who intentionally cultivate truth into our lives, we need to break that cycle. More so, if we claim to be women who follow after God, we need to be accountable to the authority of His word. In other words, we need to walk the talk.

#1: Share a time you've experienced emotion win over wisdom. This could be in your own life, within your family or among friends.

- **How did that make you or others feel unsafe?**
- **Given your understanding of God's truth, how could choosing His way have made a difference? If you're able, share a verse, commandment or even virtue you believe, if followed, could have changed things.**

Who do you listen to? Our authority is God, not our opinion or anyone else's. We can think we're right and still be wrong. Others can send us in a direction we're not meant to go. Reflect on the following verse as you consider the question below:

Go ahead and make all the plans you want, but it's the Lord who will ultimately direct your steps. We are all in love with our own opinions, convinced they're correct. But the Lord is in the midst of us, testing and probing our every motive. Proverbs 16:1-2 TPT

#2: Where do you turn when faced with a tough decision or difficult choice?

- **Is God your first choice or your last resort?**
- **If you're not turning to God, what is motivating you to rely on yourself or others?** (pride, fear, avoidance, impatience, consequences)

Be REAL with yourself as you consider this. Is God's word the final authority in your life? Do you trust Him to direct your steps? There is nothing wrong with seeking wise counsel from others, but we should not rely on others as a way to avoid God.

Pastor Claude cautioned us that blaming others for our response makes us unsafe. When faced with conflict, we can reason away our reactions by saying things like: They make me so mad. She triggers me. He pushes all my buttons. They always...

God has created us to be response-able. If we are a follower of Jesus, we are filled with the Holy Spirit and we have the power to stop, quit or change the direction we're headed.

#3: What is your initial response to conflict? (blame, lash out, hide, stuff down, etc.)

- **What are some steps you can take to cultivate a healthier response?**

#4: Is there a relationship in your life marked by conflict? God can make all things new, but He wants to start with us.

- **Are there any steps YOU can take to pursue peace and healing? This may not be progress towards reconciliation, but personal freedom.**
- **How can your group pray for you?**

The Cultivate Podcast: On Episode 4 of The Cultivate Podcast, Tammy and Melody talk about How To Not Be Ridiculous on Social Media. **If your social media feed was a representation of the last words you ever spoke, what would it say about you?**

Cultivate Prayer: Come back together as a group for prayer. Share one thing you're grateful for and one thing you need prayer for. If there are a lot of you, keep it simple (1-2 sentences) so everyone has an opportunity to share. Commit to praying for one another in the week ahead - and follow through!