

# Cultivate Reflection Guide

OLD RULES for a NEW LIFE  
Pastor Matt Brown | January 7-8, 2023

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**NEW series:** We're on a journey to reimagine the 10 commandments as the rules and rhythms for a new life that God invites us into as we follow His Son, Jesus Christ. These 10 rules were not the way into a new life but a sign that God's people were delivered to live a new life. First came deliverance and freedom, then the rules for living.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to reflect and respond to the weekend message as you cultivate personal spiritual growth, lead your community group discussion or start a conversation with a trusted friend as you grow together. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

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## God Knows Your Name

**Read:** [John 10:3 NLT](#)

**Dig Deeper Opportunity:** Read [Jeremiah 1:5](#), [Matthew 10:30](#) and [Psalm 121:3-4](#)

**Reflect:** The bible teaches us that God knows us personally and intimately. He knew us before we ever knew Him. Yet so often we live as if we've forgotten that He is an all-seeing, all-knowing God; a God who has already been where we are going. Is there anything in your life [heart, mind, body] that you're attempting to hide from God or even fighting for "your right" to withhold from Him?

**Respond:** How do you want to live your life in response to the truth that God knows you inside and out?

## God is Constantly Working to Protect You

**Read:** [Exodus 2:10 NLT](#)

**Dig Deeper Opportunity:** [Psalm 91](#)

**Reflect:** God is constantly working in our lives, whether we see Him or not. This very present help and protection is a blessing of being a child of God. Think about a time when God protected you. How did you experience His protection at the time? Has God revealed new ways He was at work that you didn't see before?

**Respond:** How do you need God's protection in your life now? This could be a practical need, as well as spiritual [with God], emotional [with self] or relational [with others] protection. Talk to God and tell Him.

## God is Calling You...

**Reflect:** Even on our best days, our faith falters. Rather than follow the rules to perfect faith, we have the freedom to follow a perfect God. It's when we cultivate an honest and authentic relationship with Him that we become the best version of ourselves.

**Be REAL:** Are there any lies you're believing about yourself that are keeping you from believing what God can do when you follow and trust Him? These might sound like doubt, guilt, shame, worry, fear, self-reliance, criticism, comparison or unworthiness. Confess those to God and ask Him to make His voice louder than the lies.

**Cultivate Community:** Confess that lie you're believing to a safe, trusted friend and invite them to pray for you.

**Respond:** As you consider the ways that God calls us: *a)* to follow Him *b)* to a better place, *c)* to the best version of ourselves *d)* to a better way to live, how do you want to grow in following and trusting God more?

*Cultivate Prayer:* Jesus, thank you for reminding me that I still and always need you. I'm so grateful for the promise that you see me and know me by name. I want to build a life on that promise and follow you over my desires, passions or ideas. Jesus, equip, empower me and protect me as I live out your calling on my life SO THAT I can become the best version of who you've created me to be. Amen.