

Cultivate Reflection Guide

OLD RULES for a NEW LIFE | The Effect of Honor
Pastor Matt Brown | February 18-19, 2023

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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.

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!*

Notable Quotes Choose one of the following quotes from the weekend sermon or select another that stood out to you. How can you cultivate this truth into your life SO THAT you live out what we learned about the effect of honor?

- Opinions don't make us dishonorable, but the way we express them can.
- We can honor the position even when we cannot honor the person.
- Tone is just as important as truth to God.
- The reputation you have is the one you've earned.
- When God looks at you, He sees you as worth Jesus' life.

Honor Begins with Those Closest to Us

Read: [Exodus 20:12 NIV](#)

Dig Deeper Opportunity: [James 3:13-18 NLT](#) and [2 Timothy 2:20-21 NLT](#)

Reflect: As you consider the people closest to you, who would you identify as a person of honor? What about their character and conduct sets them apart in your eyes?

Respond: Choose a characteristic you see in that individual that you want to model in your own life. What would you need to start, stop or do differently to pursue that growth? This could be work on the inside [thoughts, ideas, expectations] or work on the outside [words, choices, actions].

Live it Out: Reach out to that person and tell them what you see in them. Begin a conversation about how you hope to follow their lead, and ask them to share what it's taken to cultivate that character into their life.

Instead, We Will Speak the Truth in Love

Read: [Ephesians 4:15 NLT](#)

Dig Deeper Opportunity: [Psalm 19:14 NLT](#) and [Colossians 4:5-6 NLT](#)

Be Real: If no one has authority over you, then Jesus has no part of you. Think about the people in positions of authority in your life. How does the way you speak to them and about them reflect the way you live in God's calling to be a person of honor?

Reflect: How has your choice to honor (or not dishonor) created a positive influence or impact? In contrast, if you've not honored others well, what consequences have you seen or experienced?

Live it Out: What would it look like for you to live out Ephesians 4:15 in a way that honors self, God and others?

Cultivate Prayer: Jesus, thank you for the truth about the effect of honor. When I'm tempted to criticize others, convict me. Help me to share my opinions with care and speak the truth in love. Remind me that you gave your life to redeem the brokenness in all of us. Let the way that I honor others reflect my heart toward you. Amen.