

Cultivate Reflection Guide

OLD RULES for a NEW LIFE | You Shall Not Lie
Pastor Alfredo Ramos | March 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!*

Cultivate Truth: The truth is, you are unconditionally loved by God – even if, still, always. Where do you need that love to wash over you today? Open your hands and heart. Claim God's love where you most need it.

A Life Marked by Truth

Read: [Exodus 20:16 NIV](#)

Dig Deeper Opportunity: [Proverbs 25:18 NLT](#), [1 Corinthians 10:13 NLT](#), [Colossians 4:6 NLT](#)

Reflect: Not every lie has the same consequences, but every lie has the potential to damage our relationships and diminish our character. Is there any “category” of lie you excuse, explain away or justify in your life?

Be REAL: Where are you most at risk of breaking the 9th commandment? Consider what might trigger or tempt you to lie, slander or gossip. Common temptations to lie could be: winning others to your side, defending “your” truth, deflecting ownership, over-exaggerating, underplaying responsibility, insecurity, avoiding conflict, postponing a hard conversation, sparing someone's feelings, pride or people pleasing.

Live it Out: We often lie because we feel compelled to explain, rather than simply inform. How could speaking a simple, but truthful response help you resist the temptation to stray from truth? Try it this week!

The Truth will Set You Free

Read: [John 8:31-32 NLT](#)

Dig Deeper Opportunity: [1 John 5:3-5 NLT](#), [Colossians 3:9-10 NLT](#), [Philippians 4:8 NLT](#)

Reflect: Lies are spoken because lies are believed. What lies are you believing that are stealing your ability to walk in truth and freedom? The flip side could be a truth you're struggling to believe about yourself, God or others.

Respond: Freedom comes when we see things the way God sees them. How could filtering what you're believing [thinking, doing, saying] through God's truth help you shift your perspective and pursue freedom?

Live it Out: Your thoughts will control you, so you must control your thoughts. When lies and half-truths rise in your mind, ask yourself “truth or lie?” Ask God to help you align your truth with His SO THAT you walk in freedom.

Unconditionally Loved

Read: [1 John 4:16-18 NLT](#)

Respond: The antidote to a lie is believing a deeper truth. The truth is God loves you deeply, fully and without reservation or condition. What might be possible in your life if you fully, deeply and without reservation or condition believed that truth?

Cultivate Prayer: Jesus, forgive me for the lies I've told, and for the times I've defended or excused lies in my life. By the power of your Holy Spirit, convict me and free me to not only speak truth with grace and kindness, but to live a life marked by truth. Help me to see the lies I'm believing, and when those lies tempt me, help me to believe the truth that nothing can separate me from your unconditional and unequivocal love for me. Amen.