

# Cultivate Discussion Guide

## How To Not Waste Your Life April 6 and 7, 2019

If you missed this weekend's message, view it at [cultivate.sc/discussion](http://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.
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**Reflect:** Think about this weekend's message. What did you learn? Were you encouraged or surprised? Did something frustrate you or make you feel uncomfortable? Share your thoughts with your group.

**Cultivate Truth:** From the very beginning, the Bible recounts stories of what happens when we stop worshipping God and start following the wrong things. God's people have a history of being distracted and forgetful. We are no exception today.

Pastor Matt reminded us that generation upon generation (Exodus 20:4-6) will be impacted by what we worship. That's why it's so important that we cultivate God's word into our lives. His word is like a reset button for our hearts and minds to remind us of WHAT is true and WHY we must worship God above the noise, distractions and opinions of the world around us.

**Read the following verses. The first shows what happens when we forget God and the second offers a life-changing alternative:**

1) "Throughout human history the fingerprints of God were upon them, yet they refused to honor him as God or even be thankful for his kindness. Instead, they entertained corrupt and foolish thoughts about what God was like. This left them with nothing but misguided hearts, steeped in moral darkness." Romans 1:21 TPT

2) "Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you." Romans 12:1-2 MSG

**#1: Talk about the differences you see between the two lifestyles described above.**

- ❖ **How has fixing your attention on God (cultivating truth) and recognizing what He wants from you, brought the best out of you?**

Pastor Matt challenged us to consider what we worship. **It is possible to love God and still get wrapped up in the wrong things.** God created us for relationship with Him and wants us to worship Him alone. Only a commitment to a REAL relationship with God can save us from worshipping the wrong things.

**#2: Think about what dominates your thoughts, consumes your free time and requires your money.**

- ❖ **Are you bowing down to something other than God?**
- ❖ **What changes can you make in order to worship God first and best?**

Be REAL with self, God and others. ***When we KNOW better, we DO better.*** This isn't about shame or condemnation, this is about growth and transformation. Allow God to search your heart and pinpoint anything that might be taking His place in your life.

This won't be easy, but...as an added measure of self-awareness and accountability, you could even ask trusted people in your life what they see you worship.

We believe the lie that if God is good, then He'll give us what we want—and when He doesn't, we take matters into our own hands. Thinking we know better than God can lead us to disobey His commands in order to achieve our desired outcome, *which essentially means we're worshipping ourselves.*

**#3: Share a time when you took matters into your own hands.**

- ❖ **What caused you to do that? (E.g. impatience, anger, need for control, lack of trust, not liking what was happening, not understanding God)**
- ❖ **What did you learn about yourself? About God?**

**#4: Consider Jesus' words:**

“If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.” Matthew 16:24 NLT

**In this verse, Jesus is giving us the power to decide if we want to be His followers.**

- ❖ **Is there anything you need to give up (surrender/sacrifice) or take up (embrace/allow/obey) in order to follow Jesus?**

Remember: Jesus isn't telling us to stop enjoying life. He desires that we live an abundant life as His followers. However, in order to live a life that honors God, we need to recognize that our blessings come from Him and none of them should take His place in our life.

**The Cultivate Podcast:** On Episode 3 of The Cultivate Podcast, Tammy and Melody talk about how women get caught up in drama. The hunger for the latest gossip and juicy news can be an idol that distracts us from God. **Are you a woman who tends to “stir the pot” or “stop the stir?” Do you see how drama can not only distract, but destroy?**

**Cultivate Prayer:** Close your time together worshipping God. Thank Him for who He is and how deeply He loves us despite our forgetful and distracted heart. Take a quiet moment to surrender anything that has been stealing your worship of Him. Thank God for His patience, love and grace as we pursue a REAL relationship with Him and others.