

Cultivate Discussion Guide

+ Bonus: Summer Book Club Questions

The War Within July 20 and 21, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion

Tips for leaders:

- Prepare for your group. Your goal is to choose the questions that will lead your group into REAL conversation about the topics most meaningful to you. It's okay if you don't answer them all!
 - To help everyone follow along, ask them to print the Discussion Guide or pull it up on their phone.
 - 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 on Galatians 5:16-17 NLT:

“So I say, **let** the Holy Spirit guide your lives. Then you won't be doing what your sinful nature craves. The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.

#1: Share a time you've felt the war within, between good and evil, flesh and Spirit.

#2: We have two forces fighting each other and us, but they are NOT equal. The Spirit of God WITHIN us is fighting FOR us. Victory is ours when we LET Him guide our lives.

- **How are you letting the Holy Spirit guide you?**
- **How do you resist those “cravings” of the flesh? Does it require self-talk, cultivating God's word, being real with self, community, etc.?**

Read Galatians 5:19-21 TPT:

“The cravings of the self-life are obvious: Sexual immorality, lustful thoughts, pornography, chasing after things instead of God, manipulating others, hatred of those who get in your way, senseless arguments, resentment when others are favored, temper tantrums, angry quarrels, only thinking of yourself, being in love with your own opinions, being envious of the blessings of others, murder, uncontrolled addictions, wild parties, and all other similar behavior. Haven't I already warned you that those who use their “freedom” for these things will not inherit the kingdom of God!”

#3: Maybe your “one thing” is in that list, maybe not - but we all have “something.” Take a few moments and LET the Holy Spirit search your heart. Be REAL, dig deep and LET Him pinpoint what He wants to overcome in your life.

- **What “thing” are you struggling with today?**

Answer the question that applies to your circumstances:

- **What are some steps you can take to give this up to God [active surrender] and practice trust?**
- **Share the progress you've already made. How have you/are you growing because of the work of Christ in your life?**

Read the truths below as a group to remind you that Jesus has WON the war! You do not fight FOR victory; you fight FROM victory!

“Then God made you alive in Christ, for he forgave ALL our sins. He canceled the record of the charges against us and took it away by nailing it to the cross. In this way, he disarmed the spiritual rulers and authorities. He shamed them publicly by His victory **[YOUR victory!]** over them on the cross.”
Colossians 2:13-15 NLT

“I’ve told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I’ve conquered the world **[victory!]**.” John 16:33 MSG

“I forget all of the past as I fasten my heart to the future instead. I run straight for the divine invitation of reaching the heavenly goal and gaining the **victory-prize** through Jesus.” Philippians 3:13-14 TPT

#4: How can your group support you as you focus on progress, not perfection, and fasten your heart to the future?

Cultivate Prayer: Begin prayer with a quiet time of confession between you and God. Surrender that one thing and ask Him for forgiveness from your “self-life”. When this time is complete, share your praise and prayer requests as a group. Go boldly before our King and pray for what you need to walk forward in His victory. ♥

We’re Here to Help: If anyone in your group needs additional support with their trials or struggles, please encourage them to reach out to our Soul Care Team at move.sc/help.

Baptism Weekend: Next weekend, July 27-28 is Baptism Weekend across all Sandals Church locations. If you haven’t made this public demonstration of your personal decision to follow Jesus, don’t miss this opportunity. Go to move.sc/baptism to learn more!

Summer Book Club

Week 4 Discussion Questions Chapters 7-8

Visit cultivate.sc/adamant for full book club details.

Answer the following questions, adding your own personal insight, favorite passages and REAL conversation:

#1: Describe the difference between what is true and what is truth?

#2: “The idea of relativism undermines the very meaning of truth.” (pg. 142) How have you experienced relativism - either in your own beliefs or in your interactions with others?

#3: Lisa addresses the idea that “It’s not Christian to be quiet; it’s confusing” and that “if something isn’t addressed, it’s endorsed.” (pgs. 148-149)

- Are there things you’re endorsing by not addressing them?
- What steps could you take to be loving, but truthful?

#4: “Let’s be mindful of what we say and stop grieving God.” (pg. 160) How were you challenged or convicted to be adamant in word? This is an opportunity to be REAL with self, God and others.

- What changes can you make SO THAT you are a woman of influence grounded in conviction, not popular opinion, gossip or rogue words?

Prepare for next week’s discussion by reading Chapters 9-10 of Adamant.