

# Cultivate Discussion Guide

## + Bonus: Summer Book Club Questions

### The Cure for Loneliness: A Seat at the Table August 3 and 4, 2019

If you missed this weekend's message, view it at [cultivate.sc/discussion](http://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:** Pastor Fredo shared some startling statistics about the increase of loneliness in our culture which can be attributed to screen time, social media, isolation and ultimately a lack of community. This is found to increasingly cause depression, anxiety and hopelessness.

#### **#1: Share your thoughts on this growing epidemic of loneliness - either through personal experience or even as a spouse, parent, coworker, family member and friend?**

**REAL Community means** we follow Jesus, learning to be considerate of one another, cultivating a life in common. (1 Corinthians 1:10)

#### **#2: As a community group, what do you have in common that allows you to support and encourage each other well?**

#### **#3: What about differences? Share what you've learned from each other because of the unique perspectives or experiences you bring to the table.**

#### **Read Romans 12:10, 12-13 NLT:**

"Love each other with genuine affection and take delight in honoring each other...Be patient in trouble and keep on praying. When God's people are in need, be ready to help them. Always be eager to practice hospitality."

**We need REAL community to** share our lives, hear our stories and remind us that we are seen and known. Community is not a place; it's people who create a safe space for us to be vulnerable, accept us with grace and, in love, hold us accountable to the truth of God's word.

#### **Three things keep us from experiencing REAL community:**

- Our selfishness - being unwilling to commit to community
- Our standards - having unrealistic expectations of others
- Being scared - an inability to show our REAL self

#### **#4: Which of those is your biggest obstacle to experiencing REAL community?**

- **What do you think causes your struggle - insecurity, past experiences, hurt, fear, etc.?**
- **As a group, "take delight in honoring each other." Speak over that struggle by sharing a strength you see in your sister in Christ.**

**#5: Now, how do you need your group to hold you accountable, in truth, SO THAT you can experience REAL change?**

**Note:** As a group, this may require you to “be patient in trouble.” You can create a safe space to be vulnerable without feeling the need to offer solutions or fix things. “Be ready to help” by offering truth WITH grace and honor, even if that means you simply “keep on praying” together.

**Cultivate Prayer:** As you enter prayer time, reflect on the following questions and spend some time considering the one that most resonates with you:

- Are you “eager to practice hospitality” in your life and relationships?
- How is God challenging you to pursue REAL community?
- Is there someone in your life who needs to experience kindness?
- Who is God asking you to invite to your table?
- What does it look like for you to make room at your table for new women to feel safe, be vulnerable and experience REAL community?

**Pray and reflect BECAUSE...**

**Something EXCITING is Coming!** We wholeheartedly believe you were made for community and we’re always pursuing opportunities for more women to join our community of kindness. In the next few weeks, we’ll be announcing a unique experience that will allow you to make room at your table for EVERY woman to cultivate community. Follow @cultivatewomen for this exciting news!

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## *Summer Book Club*

### **Week 6 Discussion Questions Chapter 11**

Thank you for joining us and investing in your spiritual growth this summer! We hope you’ve been encouraged and empowered by the unwavering truth found in the pages of *Adamant*. Our prayer is that you’ll continue to cultivate God’s word into your life and have the courage to live it out with wisdom, conviction and kindness.

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

- #1: Throughout *Adamant*, Lisa shares stories of how she has seen God move and speak into her life. Share a time you’ve felt God move in your life, “speak” to you or make Himself REAL through His word.**
- #2: Lisa encourages us to “never ignore the gift on your life...tend it more carefully than a garden. Make time for it and don’t neglect it.” (pg. 230) What is a gift or talent that God has given you AND how you would you like to cultivate it into your life?**
- #3: Do you believe God will use every broken place in your life to create a beautiful mosaic?**
- **Share the pieces have you seen Him bind together already?**
  - **Pray together, asking God to roll away the stones that remain. As a remembrance, jot down your prayer in the back of your book with the date. Continue in prayer for one another and watch as your adamant Cornerstone works on your behalf!**

Follow us @cultivatewomen on Instagram and Facebook for up to date news on all things Cultivate. Don’t forget to access our weekly discussion guide at [cultivate.sc/discussion](http://cultivate.sc/discussion) to engage in REAL conversation with your community!