

Cultivate Discussion Guide

Relational Remix – How to Improve Your Love Life October 19 and 20, 2019

If you missed this weekend's message, view it at cultivate.sc/discussion
For more information on how we're using the enneagram, visit sandalschurch.com/enneagram

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.

Cultivate Truth: Regardless of the status of our love life, trusting God in the place He has us is an important, but often complex, spiritual discipline to cultivate in our lives, relationships and circumstances.

Read Hebrews 11:1,3 MSG:

“The fundamental fact of existence is that this trust in God, this faith, is the firm foundation under everything that makes life worth living. It's our handle on what we can't see...by faith, we see the world called into existence by God's word; what we see is created by what we don't see.”

#1: What are you trusting God for today? This might include practical needs or even a hope related to a current/future relationship.

#2: How do you keep trusting even if you don't see results in the way you hope? Share what you do well and what you want to do better when it comes to trusting God?

If trusting God is an area you want to grow in, consider the following:

#3: Often, when we can't see what's up ahead, we need to look back and remember how God has proven faithful in the past. Share a time God delivered on what you hoped for. How does recalling that faithfulness help you trust Him more today?

Pastor Matt challenged us that we often regard God for His love and grace and forget that He is just and mighty. What we do with our hearts, minds and bodies matters – both to Him and for us. Our culture considers sex an extracurricular activity, but God says it's a sacred covenant and honored only within the context of marriage.

#4: Based on your experiences including family dynamics, cultural influences, etc., what do you believe about God's view of sex? How has that shaped your choices, decisions and behavior?

#5: If you're single, dating or in a relationship but not married, which of the following do you need to pay better attention to AND why? If you're doing these already, how have you seen it contribute to a healthy relationship?

- Emotional health
- Spiritual compatibility
- Integrity and loyalty (self-control)
- Work ethic

#6: If you're married, how do you spiritually connect with your spouse? Would you like to pursue any of the following? What would it take to make it happen?

- Attending church together
- Serving God together
- Join or start a community group (this might include just answering questions together)
- Pray together

#7: Given what you've learned about yourself through the enneagram, are you someone who is open to honest conversation and feedback?

- **If not or if it's hard for you, why do you think that is?**
- **How would you like to grow in this area?** Maybe it's receiving it better, creating safer spaces, responding in a healthier way, pursuing feedback more actively, etc.

Dig Deeper Challenge: Complete the Personal Reflection Guide in the Sandals Church app to dive into more on singleness, dating and how the enneagram triads can help you learn about the way you interact with your partner or spouse.

Cultivate Prayer: Break into partners and if they don't already know, share the status of your love life. What is God showing you about yourself, your spouse or your relationship? What are you hoping for? Pray together and ask God to help you trust Him more in the place He has you and help grow and ready you for the place you're going next.