

Cultivate Discussion Guide

+ *Bonus*: 60 Days to a Better Me Reflect & Respond

MOTIVATED ... To Find Direction in Confusing Times January 18 and 19, 2020

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

Hey, Leaders! A few reminders as you pray and prepare for group...

- Choose the questions that are most meaningful to you and will lead your group into REAL conversation.
- It's okay if you don't answer every question or if you want to incorporate questions from the weekly sermon notes.
- Encourage your group to cultivate God's word on their own by reflecting on the questions you don't cover in group **AND taking part in the 60 Days to a Better Me study on the Sandals Church app!**

Reflect and Get REAL: You may or may not be walking through a confusing time now, but chances are you have in the past or will in the future. Pastor Matt encouraged us that in confusing times, we need to trust in the One who started time and holds ours in His hand.

“Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.” Proverbs 3:5-6 ESV

#1: Think about how you respond to confusion or trouble in your life.

- What do your words, attitude and actions say about your trust in God?
- If trust is a struggle for you...
 - To what do you attribute that – past disappointment, fear, unbelief, etc.
 - How much of that has to do with God vs. other people/circumstances?
 - What would it take for you to trust God with your struggle?

We find direction when we follow God's instructions.

“Truth's shining light guides me in my choices and decisions; the revelation of your word makes my pathway clear.” Psalm 119:105 TPT

#2: Briefly share ...

- A time when God's word guided a choice or made your path clear.
- A time when rather than follow God's instructions, you made your own path or took a shortcut others offered.
- Compare the outcomes. What did you learn about God? About yourself?

Reading the Bible 4 times a week helps us find direction.

#3: Be REAL. Is reading your bible an area where you can do better?

- If you've got this down, share how you cultivate this discipline in your life.
- If this is a struggle, what is your biggest obstacle?
- God can't change our lives unless we allow Him to change us. How do YOU need to grow/change to overcome that obstacle? How can your group help you be accountable?

Cultivate Prayer: Thank God for one of His promises that you're particularly grateful for. Next, ask Him to pinpoint any area where you're choosing your own way over His. Ask Him to help you trust Him and not lean on your own understanding. Commit to practicing trust – choosing to believe that God loves you so much that He wants to bless you not where you are, but where you're supposed to be.

60 Days to a Better Me

Reflect & Respond

Our vision has always been for you to grow spiritually wise, relationally kind and emotionally healthy through cultivating God's word into your life. Now, it's easier than ever! Join Sandals Church and Cultivate Women as we commit to the 60 Days to a Better Me bible reading plan.

Through the Sandals Church app, you'll read God's word 5 days a week using the REAL study method, then find questions here to have REAL conversation in community about **what** you're learning and **how** you're changing as a result of God's word. Let's get started!

#1: What encouraged or inspired you so far – even if it was just the act of reading itself?

#2: What challenged or convicted you? How did you respond?

#3: Share one thing you want to cultivate or “live out” in your life, relationships or circumstances this week. How will you begin?