

Cultivate Discussion Guide

MOTIVATED ... To Change What Needs to Change January 4 and 5, 2020

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

Happy New Year, 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.
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Reflect and Be REAL: Whether it's a resolution, renewed commitment or a "word for the year," what are you motivated about for 2020? How might cultivating God's word into your life help you achieve that?

To Change My Life I Need To ... Change Who I am Listening To:

"Oh, the joys of those who do not follow the advice of the wicked..." Psalm 1:1 NLT

- #1: What or who are the voices in your life that MOST influence your choices? Be REAL about the people, social media, reading, music, podcasts, etc. that occupy your time and attention.**
- #2: How do those voices help you prosper or encourage your faith? If they don't, what needs to change so you follow more godly advice and counsel.**

To Change My Life I Need To ... Change Who I Spend Time With:

"Oh, the joys of those who do not ... stand around with sinners or join in with mockers. But they delight in the law of the Lord, meditating on it day and night." Psalm 1:1-2 NLT

- #3: When choosing who to spend your time with, what qualities or characteristics are most important to you? Why do those matter to you?**
 - What are some qualities you avoid? Why?
- #4: Given your answers so far, make a REAL assessment – does how you spend your time and who you spend it with reflect your delight in the things of God?**
 - If not, what adjustments can you make – both to the how and the who?
 - Be specific – what do you want to stop, start or do differently? This might be physically, emotionally, spiritually or relationally.

Note: This doesn't insinuate you should spend 24/7 with your nose in your bible. Work, rest, recreation and relationship can all reflect our delight for God when we are pursuing them in healthy ways and standing with the right people. However, if God is nowhere to be found, something needs to change.

Cultivate Prayer: To change our lives, we also need to change our negative attitudes about God's word, His people and our future. Pray, first confessing to God any negative attitudes or thoughts you have about these things. Be REAL about what feels challenging, intimidating or even scary to you. Ask God to change your heart, adjust your attitude or renew your perspective. Ask your group to support you and hold you accountable in the specific ways you need so that you can change what needs to change in the year ahead.