

*Cultivate Discussion Guide*  
*+ Bonus* **60 Days to a Better Me Reflect & Respond**

**Non-Negotiables | The Kind of Love You Need**  
**February 22 and 23, 2020**

If you missed this weekend's message, view it at [cultivate.sc/discussion](http://cultivate.sc/discussion)

**Hey, Leaders! A few reminders as you 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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**Cultivate Truth:** According to 1 Corinthians 13 love IS patient, kind, hopeful, faithful, honest and keeps on keeping on. Love IS NOT jealous, boastful, proud, rude, demanding or irritable and it DOES NOT keep score or rejoice when others lose out.

**#1: Reflect on what love IS and IS NOT in the context of your relationships – whether romantic, familial or friendship.**

- **How do you love well? How can you love better? Be REAL!**
- **Share one way you'll be intentional about giving love your best this week.**

**The kind of love you need: listens, is learned and must be taught.**

**#1: Who has been a primary influence in teaching you about love? This could be what to do OR what not to do.**

- **What have you learned from listening? What about from watching?**

**#2: So much of what we learn is “caught, not taught.” What do people catch when they watch you love? Are you walking the talk?**

**Un-loving behavior must be corrected.**

**#3: Who do you trust to advise you in matters of the heart – again, this could be in romance, family or friendship?**

- **What motivates you to seek them out? Think on this – are you motivated to learn even if you must be corrected OR are you seeking out people who say what you like to hear.**
- **If you're not listening to the right people for the right reasons, what needs to change?**

**#4: When it comes to cultivating healthy, loving relationships in your life, how often are you seeking God's wisdom and instruction?**

- a) regularly
- b) every so often
- c) only when things fall apart
- **How are you seeing the results of this in your relationships? What, if anything, would you like to do differently?**

**Cultivate Prayer:** God's agape love for us is patient, protective and kind. As a Father who wants the best for us, rather than leave us where He finds us, God wants us to grow into the best version of ourselves. We do that by listening to Him with a heart to be transformed. Has God pointed out a way He wants you to grow in love? Respond in prayer asking for what you need to walk forward in obedience.

**Cultivate Wholeness:** This year, we want to be women who cultivate whole lives, spiritually, emotionally and relationally. Visit [cultivate.sc/calendar](http://cultivate.sc/calendar) to learn what that means and how we plan to do it together in 2020!

# 60 Days to a Better Me

## Reflect & Respond

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We're in Week 6 of the 60 Days to a Better Me bible reading plan! Whether you're reflecting on your own progress or having REAL conversation in community, share **what** you're learning and **how** you're changing.

- #1: What accommodations have you made to cultivate the daily disciple of being in God's word - e.g. getting up earlier, adjusting your routine, slowing down, etc.? Share any differences you notice as a result of your discipline.**
  
- #2: Last week in reading Samuel, we saw God's people, the Israelites, grow forgetful, demand their own way and even disobey. How do you relate or see yourself in the Israelites and their response to God? How does reading about God's response to His people encourage or challenge you?**