

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

**How We Respond to a Crisis**  
**March 14 and 15, 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.

---

**Reflect:** In light of everything happening around us, take a few moments to still your mind and quiet your heart before God. Be REAL with self, acknowledging what you're thinking and feeling. Be REAL with God acknowledging who He is (sovereign, holy, just) AND who He is to you (creator, provider, protector). Be REAL with others sharing how you might need support or encouragement.

“Because of the present crisis, I think it is best to remain as you are.” 1 Corinthians 7:26 NLT

**In a crisis, we need to remain:**

- calm
- in obedience to scripture
- in the present
- focused on the facts
- faithful in prayer
- ready to help
- in God's love for us

**#1: When we know better, we do better. Which of the above ways can you do better? What can you do this week to practice that?**

**#2: If you're someone who responds well in crisis, what does that look like and how do you maintain that mindset? Who can you be ready to help by encouraging them with your wisdom and experience?**

**#3: Pastor Matt reminded us that when we rebel against authority, we rebel against God – and ultimately, He is the one we answer to. How does that truth either confirm or change your current perspective?**

“So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.” Philippians 4:8 TPT

**#4: Our thought life can be extremely powerful – both for good and not so good. Are there any thoughts you need to reign in SO THAT you can instead fix your thoughts on what is authentic, real, present and true?**

**#5: God works all things together for good (Romans 8:28). What is a good you are seeing in spite of the current crisis around us?**

**Cultivate Prayer:** Turn to God – heart, mind and body. Be still. Lean in and listen. As you draw near to Him, thank Him for drawing near to you. Ask Him to quiet any anxiety or worry you might be feeling and replace it with His truth. Keep asking Him for that, in every moment that you need it. Ask Him to show you how you can share His love in your home & family, in your workplace and community. Remain calm and remain faithful because God has been, is and will be faithful to you.

# 60 Days to a Better Me

## Reflect & Respond

---

We're headed into Week 9 of the 60 Days to a Better Me bible reading plan. As we practice social distancing in the weeks ahead, aren't you grateful you have cultivated the daily discipline of reading God's word? It will always prove to be a relevant, wise and true source of help and encouragement.

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: Last week we made the transition from Old Testament to New Testament and saw that Jesus has been in every detail from the very beginning. How does that truth encourage you about the way He is involved in the details of your life?**
- #2: Share one way you are growing as result out what you're reading – whether it's a change in your choices and actions, your habits and perspective or even just your understanding of the value of God's word in your life.**