

Cultivating Daily Reflection
+ Bonus **60 Days to a Better Me Reflect & Respond**

How to React to Stressful Times
March 21 and 22, 2020

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

A Note from the Cultivate Team: Although we are navigating uncertain times, we continue to serve a certain God. Now, more than ever, we need to turn our hearts and minds toward Him. In order to best support you, we're transitioning our weekly discussion guide into a daily reflection guide – for women, by women SO THAT you can draw near to Jesus. Whether you choose to find creative and safe ways to share your thoughts in community or use this as a personal exercise, we encourage you to daily reflect, respond and pray.

Cultivate Wholeness: Community is vital to our spiritual growth, but the work of cultivating whole lives is very much between us and God. That begins by recognizing that God is in control and then letting Him be.

“The things over our head are under His feet. We can trust Him.”
Melody Workman

Day 1: It's true there are things you cannot control right now, but there are still plenty that you can. Consider your time, routine and habits, mindset and attitude, your words and how you use them. Reflect or journal on WHAT you can control and HOW you can honor God by handling that well. Pray and ask God to help you release what you can't control into His hands, believing He is able and trustworthy.

In stressful times, Jesus wants me to think creatively, live wisely, connect relationally and act ethically.

Day 2: When you look at the list above, which is the easiest for you to do? Which is the hardest? Be REAL about why that is, considering your personality (your enneagram type), personal preferences, even fears and insecurities. Give yourself grace, remembering that you aren't identifying weaknesses, but rather opportunities to grow. Identify one way you want to grow and pray asking God to give you the courage and determination to pursue it.

“Live wisely among those who are not believers and make the most of every opportunity.”
Colossians 4:5 NLT

Day 3: Pastor Matt encouraged us to think creatively about our view of the “church” in our present circumstances. We are the church and people are watching to see how we'll respond. What are some practical ways you can provide comfort, encouragement or hope to a non-believer, family member or friend this week? It could be offering patience, kind words or an act of service. Choose one and do it.

Day 4: Read Psalm 91. If it's available to you, re-read it in another translation or paraphrase to give you a different perspective, focusing on the words that most stand out to you. How has God proven to be your shelter, shadow, fortress or refuge? Linger a bit, reflecting on the promises of God's goodness, protection and provision. Be REAL with God, praying what's on your heart and asking for what you need.

“When life gets rough, what comes OUT of you is what is IN you.”
Tammy Brown

Day 5: Yes, times are uncertain, and the end isn't predictable, but if we come out of this better than we went in, we haven't wasted a moment. How is God changing you right now? Are you seeing things in ways you haven't before or responding differently to Him? Consider what that says about your prior perspective - were you too rigid, too quick to compromise, too comfortable, too self-reliant? Reflect on or journal how God is transforming you OR how you want Him to. Praise Him for working all things together for good – including you.

60 Days to a Better Me

Reflect & Respond

Wow! It's Week 10 of the 60 Days to a Better Me bible reading plan. If you've fallen behind, don't get discouraged. Begin again or set a reasonable pace to catch up. We're not going anywhere! 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 read about Jesus withstanding Satan's temptations in the wilderness. How does that encourage you that Jesus is able to relate and respond to you when you're faced with temptation?

#2: Are there any themes, verses, or topics that have stayed with you or consistently come to mind from any of your past readings? Why have these resonated with you? What do you think God wants to teach you?