

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

Where is God When I Need Him Most?
March 28 and 29, 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: When faced with difficult circumstances, we can often become so immersed in what is hard that we lose sight of what is good. Gratitude can serve as an anchor to truth and hope, reminding us that even when things "feel" difficult, God is STILL watching over us.

"When you're cultivating wholeness, you're okay whether you 'feel' happy or not."
Tammy Brown

Day 1: Reflect or journal what you are grateful for today. Thank God for those things and if your gratitude extends to others, thank them too. Now, offer God your hopes, asking for what you need and desire for yourself and others. Do you trust God to deliver in the way He sees fit – even if that looks different than you think it should? Be REAL with God about any doubts you're experiencing, asking Him to help you be grateful for what is and trust Him with what will be.

When I need God most, He is:

- watching over me
- offering me His peace
- challenging me to trust Him
- providing for my daily needs
- calling me to care for others

Day 2: Pastor Matt reminded us that REAL peace doesn't come from within, it comes from above. Worship is a great way to fight the battle within – to stop looking around at others or relying on ourselves, but instead fix our eyes on God. Play a favorite worship song or even read the lyrics. Open your heart and hands, let go of whatever burdens you are carrying and worship God – our Prince of Peace.

"Be alert and guard your heart from greed and always wishing for what you don't have.
For your life can never be measured by the amount of things you possess."
Luke 12:15 TPT

Day 3: Our culture – and many of us – operate from a place of plenty (more than enough) rather than being content with just what we need. Reflect on what God is teaching you about "enough" – whether that be enough time, provision (a.k.a. stuff), activity, entertainment, money, etc.? Confess any areas where you're experiencing discontent or comparing what you have vs. what others have. Pray, asking God to not only help you be satisfied, but to use what you're learning to change your heart.

Day 4: Read Psalm 121. Look it up in a different bible translation. Reflect on God as your Creator who knows you intimately, your Guardian who never forgets you and your Protector who watches over you. Journal your praise, thanking God for who He is to you. Write a prayer or simply pray, casting your cares on God and expressing your trust in His care for you.

Day 5: We don't need to wait for Sandals Church to respond to our community; we are the church. How & who can you help this week? Grand gestures aren't necessary, but simple kindnesses are. Can you make a phone call, drop off dinner or some groceries, safely check in on your neighbors or write a kind note? Find a way to be a helper, because you can AND because you are called to.

60 Days to a Better Me

Reflect & Respond

We're in the homestretch! It's Week 11 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:** Last week, we walked in Jesus' footsteps and read about some BIG moments in His ministry, including His crucifixion and resurrection. What most stood out to you? Did you see something you hadn't before or learn something new?
- #2:** Jesus is alive! We sometimes forget this fact, don't we? Or even take it for granted. What does it mean to know that Jesus is alive and because of that, He is REAL and at work in your life right now? How does that truth encourage or challenge you to live?