

Cultivate *Kind* Table

Video Highlights & Discussion Questions

March 13, 2020

For all things KIND table visit cultivate.sc/kindtable.

Thank the person who invited you to join in this KIND Table. We're so happy you're here!

Our heart and vision for women this year is that we would choose to cultivate wholeness over chasing happiness. Wholeness begins in community, because having a safe place to be REAL gives us the freedom to become the best version of ourselves.

Cultivating Wholeness is about becoming women who are unbroken and undivided. This doesn't mean we won't have seasons of brokenness in our life or that we won't experience times when our intentions or attentions are divided.

Rather, wholeness means we intentionally and purposefully cultivate a life that is whole and complete in Christ SO THAT He can transform us into the best version of ourselves, which is exactly who He has created us to be.

How do we Cultivate Wholeness? First, be REAL about the places where you may be broken and divided.

- Consider your thought life and what you believe about yourself vs. what God says about you.
- What about your words – are they kind, necessary (no gossip!), thoughtful and uplifting?
- Think about your actions – what you know you should do vs. what you actually do.
- Are there broken or divided relationships in your life AND what part do you play in pursuing peace or forgiveness?
- Are you being REAL with God about sin in your life? Remember, when we confess our sin, the enemy has no power over us!
- Are you rooted in the word of God, turning to Jesus and His truth as an anchor for your life, circumstances and relationships?
- Do you prioritize your time with God and make it a non-negotiable in your life?
- Are you REAL with others, inviting people you trust to share how they're experiencing you and help you become the best version of yourself?

We know that wholeness is not easy. You WILL be challenged. You WON'T always get it right and you WILL want to give up. But...you CAN do this!

Regardless of where you are in your journey today, believe in yourself enough to commit to becoming the best version of yourself, because you deserve a life of wholeness. We believe in you, we're in this with you and we're here to cheer you on!

Share in REAL conversation as a group by answering the following questions:

1. Have you ever thought "if I just had _____, I'd be happy?" Follow that line of thinking and share what you've learned about the pursuit of happiness.
2. Wholeness means we recognize that while God wants us at our best, He still loves us at our worst. How does that truth encourage and motivate you to become the best version of yourself?
3. What is an area of your life where you'd like to cultivate (commit to, work at, intentionally pursue) wholeness? This could be physically, emotionally, spiritually or relationally.
 - a. What are some next steps you can take?
 - b. What would progress look like for you? Remember this doesn't mean crossing the finish line, but celebrating steps in the right direction.
 - c. How can the community of women around you help you?