

Cultivating Daily Reflection

Good Friday & Easter Edition How the Risen Jesus Calms My Fears

If you missed either of this weekend's messages, view them 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.

Day 1: On the hardest night of His life, Jesus gathers around a table with His community, including His enemy. Very aware of the betrayal and anguish that lay ahead, He finds joy amid suffering, offers abundant grace to the flawed people around Him and STILL looks forward to sharing a meal. What an example!

“When it was time, he sat down, all the apostles with him, and said, “You’ve no idea how much I have looked forward to eating this Passover meal with you before I enter my time of suffering.”

Luke 22:14-15 MSG

What are you looking forward to when life resumes a normal routine? We all want to eat out and make a Target run but go deeper → be REAL. What needs to be different? Are there things you'll no longer take for granted? Who do you want to see and what do you want those relationships to look like? Is there business – spiritual, relational or emotional – that you need to take care of? Write down anything God is pinpointing and commit to pray over what your next steps should be. Seek God for wisdom, perspective and direction as you look forward.

Day 2: “Simon, Simon, Satan has asked to sift each of you like wheat. But I have pleaded in prayer for you, Simon, that your faith should not fail. So when you have repented and turned to me again, strengthen your brothers.” Luke 22:31-32 NLT

We each stand in Peter's shoes with a ruthless enemy eager to separate us from God and a Savior who pleads for us in prayer, willing to welcome us back WHEN, not if, we falter. How are you encouraged by Jesus' response to Peter? What is your battle plan when your faith feels shaky and you're tempted to take your eyes off God? Consider who strengthens your faith, scripture you cling to or a worship song you sing. If you're struggling today, engage your plan. If not, thank God for His prayers and protection.

Jesus calms my fears by ... proving He is always in control, promising victory over death, paying the price for my sins and pouring out His Holy Spirit

Day 3: Read Psalm 16 as David declares the Lord as His God who never abandons. He trusted that God was God AND that God was with Him. When He felt alone, afraid and those midnight whispers tried to steal His faith, David found comfort in the goodness of God. How do you need God to comfort you today? Will you trust that God is God and God is with you? Pray, bowing your heart to our Savior who promises peace and fullness of joy in His presence.

Day 4: Pastor Matt reminded us that God is not calling us to be afraid, He is asking us to believe. Exchanging fear for faith requires us to exchange lies for truth. Write out a list of all the things you believe to be true about Jesus. Think about who He is, who He is to you and why you believe. When fear rears its head, turn to your list and silence the lies of fear with the truth of faith! Keep your list someplace handy and continue to add to it as God reveals His faithfulness to you.

Day 5: If you haven't already, join us for our NEW bible reading plan – Risen: 30 Days Walking with the Risen God. Use today to begin, catch up or simply be still and linger on what you're learning about the freedom, joy and promise of new life offered by our Jesus.