

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

How to Experience God's Peace
April 4 and 5, 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: There is a difference between doing nothing and being still. Quieting our minds and wholly turning our attention toward God takes discipline. That can be especially difficult when our lives are busy and time is scarce. If you find yourself in a slower season, it's an ideal time to practice the art of stillness.

Day 1: Get alone somewhere quiet – a corner of your house, a favorite spot outside or even a closet or bathroom. No phones or tech allowed! Take several deep breaths and relax. Invite God into this time and ask Him to help you quiet your mind. Random thoughts and distractions WILL rise so acknowledge them and let them go or jot them down in a journal for later. Release any expectations for what this “should” look like. This is God's time with you – be present, listen and let Him move. Stay for as long as you can or need.

When you're done, be REAL with God and acknowledge what it felt like – uncomfortable, awkward, peaceful, restful? Are you open to trying again? Even if it's 10 minutes, try to cultivate stillness into your week and take note of what happens – heart, mind, body and soul.

I can experience God's peace when I:

- follow the commands of Jesus
- look at what God is doing
- ignore negative people

Day 2: God's commands are designed for our good, but too often we test His boundaries and question His control. We ask why, which often leads to what if and what next. God can handle our questions, but His heart is that we follow, not only because we trust Him, but because He has proven trustworthy. Reflect on God's faithfulness to you – what storms has He seen you through, what wounds has He healed, how many second chances has He given? Pray, asking God to reveal any areas where you need to relinquish control and follow Him, trusting that He will be faithful again today.

Day 3: Read Psalm 19 and reflect on David's heart toward God. Do you believe that God's instructions are perfect; that His commands bring joy and wisdom? Will you allow Him to search your heart and uncover any hidden sins SO THAT your words, thoughts, prayers – your life – can be pleasing to Him? Pray and tell God how you need Him to be your Rock and Redeemer today.

Day 4: Pastor Matt reminded us that every party has a pooper and to pursue peace, we need to block out their negativity. What do you need to block out this week? Identify anything or anyone that is bringing you down, distracting you from truth or stealing your joy. What are some practical ways you can tune that out or shut that down – even if that means you stop being the negative one!

Day 5: With the unknowns of this pandemic, it can feel like we're riding a roller coaster of good and bad news. But God ... He brings beauty from ashes. His story – our story – ends in victory. Today is Good Friday. Take some time to reflect on what God has accomplished for us – His sacrifice, His resurrection and His promise that we too will rise again. Watch our Good Friday service tonight at live.sandalschurch.tv

60 Days to a Better Me

Reflect & Respond

Friends, we did! It's the final week of 60 Days to a Better Me bible reading plan. If you've fallen behind or even given up along the way, here's good news: every day is an opportunity to begin again. The reading plan will remain on our app, so pick up where you left off or start over if you need to. It's never too late!

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: Jesus ascends to heaven, but He doesn't leave us alone. As followers of Jesus, His presence remains with us in the form of the Holy Spirit, our helper and teacher. How does that truth encourage or challenge you today? What does it look like for you to rely on, recognize and respond to the Holy Spirit?**

- #2: We, like the disciples, are called to share the good news of the gospel. Who is someone in your life that could use some good news? Share a word of hope, encouragement or kindness with them AND invite them to join you for Easter at live.sandalschurch.tv**