

Cultivating Daily Reflection

Mother's Day Weekend – May 9/10 Special Guest Lisa Bevere

If you missed this weekend's messages, watch at cultivate.sc/discussion

This weekend, Lisa Bevere delivered a powerful message sharing the things she wished she knew as a young woman and mom. It's both encouraging and eye opening to sit under the wisdom of those who have walked before us. Let's take some time this week to dig a bit deeper, get REAL and reflect!

Day 1 – Cultivate Wholeness: Lisa challenged us that as women we often create “lists” in our minds and hold ourselves hostage to the failures of our day. But God is about growth, not guilt. Jesus does not condemn us, but too often we condemn ourselves. It's important to remember that whole lives are founded on the grace and freedom offered at the cross.

“So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death...God did what the law could not do. He sent his own Son in a body like the bodies we sinners have. And in that body God declared an end to sin's control over us by giving his Son as a sacrifice for our sins.” Romans 8:1-3 NLT

Rather than let a list of failures, faults and criticisms control you, turn that list over to Jesus. Tell Him what you need freedom from and where you need help to rest in grace. Now, reflect on a new list...the things you're getting right. Consider how you're growing, what you're learning and what you love about yourself. Be generous and kind. Keep this new list close at hand and turn to it when the old one tries to condemn you.

Day 2: Lisa gave us permission to engage and enjoy – to spend less time surviving and more time experiencing life with the people we love. Be REAL with self. Are there any areas that are currently causing you stress and anxiety where you need to receive that permission? How could you begin doing that in a way that feels attainable to you? Maybe you postpone the “to do list” for a few hours to “just be” OR assign tasks so your family can help out OR carve out some alone time to recharge. Be practical and intentional about practicing this “letting go” in the week ahead and take note of what changes you experience – both in and around you.

Day 3: Lisa shared the things she'd love to tell a younger version of herself. What advice, encouragement or lessons would you share with a younger you? Do you need to re-remember and re-practice any of those things in your current season of life? Pray about a younger woman in your life that you could invest in and walk alongside. If God has laid someone on your heart, reach out and offer your wisdom and time.

Day 4: Both Pastor Matt and Lisa emphasized the importance of gender roles being exercised in a healthy way. God created men and women with distinctive and different characteristics and healthy relationships prosper when we lift each other up, not tear each other down. This includes recognizing that what is a burden [yoke] for us as women is often exactly what men need [a mantle] to grow up and embrace their responsibility.

Reflect on the relationships with the men/boys in your life and invite the Holy Spirit to search your heart. Where can you do better in accepting and honoring their uniqueness? What adjustments can you make to your behaviors, attitudes, words and actions so that you are encouraging and supporting [not nagging, criticizing, judging] them to be who God has called them to be? If apologies are necessary or changes need to be made, do that work knowing that ultimately, it is God who you are honoring.

Day 5: Read Psalm 145. This psalm is full of “I will” and “they will” statements declaring how we can proclaim, praise, speak, tell and meditate on God's goodness – both personally and as a family of believers. Sometimes these are things we forget and sometimes they are things we struggle to believe. Choose one or two verses that speak to your heart. Claim them and then commit them to memory, cultivating them into your heart and life SO THAT you remember God's faithfulness in your times of need.

“The Lord is close to all who call on him, yes, to all who call on him in truth.
Psalm 145:18 NLT