

Cultivating Daily Reflection

Elevate: How Jesus Can Elevate My Life May 16 & 17, 2020

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

The reality is all good things require work. What we really need when life gets challenging is a new way to look at ourselves, our relationships and the world around us. This weekend at Sandals Church, Pastor Matt Brown kicked off a new series to help us "Elevate" our life. Join us for our weekday reflections as we reflect, respond and get REAL, so that Jesus can elevate our lives.

Day 1 – Cultivate Wholeness: Jesus can elevate our life when we are ready to listen. We have access to a lot of voices in our lives - some bring truth and light, others create confusion, division and darkness. If we desire to cultivate whole lives, we must be the gatekeepers, letting in the right voices and shutting out the rest.

“For your heart will always pursue what you value as your treasure. The eyes of your spirit allow revelation-light to enter into your being. If your heart is unclouded, the light floods in!” Matthew 6:21-22 TPT

Think about the voices in your life. Which ones do you value as a treasure, wise and uplifting? Which ones leave your heart clouded, unhealthy and uneasy? Now, be REAL ... is Jesus' voice receiving the time & attention He is worthy of in your life? He doesn't need to be the only voice we hear, but He should be the loudest.

What would it take to correctly order the voices in your life – placing Jesus in His rightful place, adding in the others you value and cutting out those that are not healthy? Pray asking God to help you cultivate His voice and His word into your life, as well as have the wisdom to seek out the right voices.

Day 2: Jesus can elevate our lives when we are obedient to His commands. Think about the ways you naturally obey God's commands (the norms) versus the ways you consciously obey (the choices). For example, going to church and reading your bible could be your norms whereas, not cursing at a bad driver or gossiping about a neighbor may be commands you choose to ignore.

“It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom.” Galatians 5:13 MSG

Jesus cannot elevate our whole life if we don't give Him ALL access. He gives grace, not free passes. Are there any areas in your life where you are shrugging off obedience and taking advantage of your freedom? Invite God to search your heart and pinpoint those places where He needs to do a work in you. Ask Him for the courage to obey, even when it's not easy, convenient or comfortable.

Day 3: Jesus is not only a God who saves, He is a God who delivers [frees, rescues, redeems]. Reflect on the work of deliverance God has done in your life. Think about your spiritual growth as well as your emotional, relational and physical health. Then do two things: 1) Respond to God with thanksgiving and gratitude, asking Him for what you need to continue the work He started in you AND 2) Reach out to someone in your life and share what you're celebrating because of your ongoing hard work and faithfulness to God. Three cheers to you!

Day 4: When we elevate our fear of God, He elevates our love for others. Pastor Matt challenged us that as followers of Christ, we are not called to live, love and act like everybody else. Is there anyone in your life that you need to love better – whether friendly, family or romantic love? It could be a broken relationship that needs mending or a healthy relationship that needs tender loving care. Remember ... a healthy reverence for God compels us to act out of wisdom and obedience, not foolishness or guilt – so pray and proceed accordingly.

Day 5: When we elevate our fear of God, a beautiful byproduct is a blessed life. Read Psalm 128 as it accounts for the way God blesses & prospers our lives, relationships, families, homes, work, and generations to come because we live in a way that honors Him. He is a Father who rejoices in our obedience. Pray asking God for His blessings today over the people and places in your life where you most desire it.