

Cultivating Daily Reflection

Elevate My Life by Elevating My Goals May 23 & 24, 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. Join us for our weekday reflections as we respond and get REAL, so that Jesus can elevate our lives.

Day 1 – Cultivate Wholeness: The apostle Paul encourages us that to elevate our goals we need to pursue progress, not perfection (Philippians 3). To cultivate whole lives and set healthy, attainable goals, we begin with self-awareness – being REAL about where we are physically, spiritually and emotionally.

“Don’t think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.” Romans 12:3 NLT

This isn’t a process you’ll complete in one day, but one that you can begin today. As you do, take note of both where you are and where you want to be. Challenge yourself, but be kind, remembering Paul’s encouragement that every bit of progress counts!

- Be REAL with self, making an honest assessment of where you are today. What goals do you want to work toward – physically, personally or professionally? What about goals for your spiritual growth? You might even consider how you’d like to elevate your thought life, the words you speak or your actions.
- Be REAL with God, asking Him how He wants to elevate your goals. Be specific in praying for what you need [persistence, patience, courage, etc.] to do the work ahead of you. Remember, He is for you!
- Be REAL with others you trust, sharing your goals and progress. Invite them to share how they experience you and your opportunities for growth. Listen with a teachable heart.

Day 2: We live in a culture that so often measures our worth by what we do. As women, we can get caught up in embracing a title, position or role as our identity. To elevate our goals, we need to remember that who God says we are is the truest truth about us.

“Dear brothers and sisters, you are dearly loved by God and we know that he has chosen you to be his very own.” 1 Thessalonians 1:4 TPT

What do you think God says about you? Jot down a list of words or characteristics that come to mind. Is what you believe about your identity, worth and value in line with God’s truth? If you are struggling to believe what God says about you, ask Him right now to shut down the lies and help you take Him at His word. Believe Him when He says you are His and YOU ARE LOVED!

Day 3: When we worship God for who He is, He elevates us from where we are. Get alone with God in your favorite place or any place you can enjoy some quiet. Yesterday, you reflected on what God says about you – now turn your heart toward what you say about God. Tell Him what you love about Him and why you’re grateful for Him. Simply worship Him knowing He delights in this time with you.

Day 4: God can elevate our goals when we learn from our past, not live imprisoned by it. That means we: 1) accept it 2) learn from it 3) move on from it. Is there anything *in* OR anyone *from* your past that is keeping you from working toward present or future goals? Identify one thing you could do to either accept, learn or move on AND commit to that today. Ask God to help you embrace the hard work, even setting boundaries with people in your life SO THAT you can keep your focus on what lies ahead.

Day 5: As you close out this week, revisit our Day 1 exercise in self-awareness. How are you feeling – heart, mind and body? Where are you struggling? What do you need from God? How can you invite others to encourage or challenge you? Don’t look behind you. Keep looking ahead. God is for you and so are we!