

Cultivating Daily Reflection

Signs: Light in Dark Times Week of May 4

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

Day 1 – Cultivate Wholeness: We are living in a season marked by change - working, serving, caring, providing and protecting in new and different ways. It's normal to feel weary and unsettled, to experience loss of identity or purpose and even to grieve what was. It's normal to feel less ourselves – less whole – which is why it's SO important that we remember who we are in Christ.

“You are God’s chosen treasure...called out of darkness to experience his marvelous light, and now he claims you as his very own. He did this so that you would broadcast his glorious wonders throughout the world.”

1 Peter 2:9 TPT

We are chosen by God, His treasure positioned with His purpose. Reflect on WHAT God has accomplished in your life, WHO you are because of Him and HOW that truth strengthens you today. Linger here a minute and take stock of the good God is doing in and around you. Many things may look, feel and be different but the fact that God loves you, will NEVER change. Trust that God is working on your behalf, bringing light out of darkness SO THAT your life broadcasts His goodness to the world!

Day 2: Pastor Matt encouraged us that while we need to be mindful of the signs of Jesus’ return, we also need to be the gatekeeper of our heart and soul, watching our own lives closely.

“Watch out! Don’t let your hearts be dulled...keep alert at all times.”

Luke 21:34, 36 NLT

Be REAL with self. Are the things you are paying attention to [watching/looking at/focusing on] *healthy and helpful* physically, emotionally and spiritually OR do they stir up anxiety, jealousy, anger or discontent? In what areas do you need to redirect your attention to what is good for you? What do you need to stop, start or change? Ask God for the courage and commitment to set and keep healthy boundaries that guard your life.

Day 3: “Hear me as I pray, O Lord. Be merciful and answer me! My heart has heard you say, “Come and talk with me.” And my heart responds, “Lord, I am coming.” Psalm 27:7-8 NLT

Find somewhere quiet, comfortable and free of distraction. Have a REAL conversation with God – cast your cares, confess your anxieties and cry out to Him. Tell God anything you need Him to hear knowing you are safe in His presence. Now listen...what does He need you to hear? Respond to Him in prayer.

Day 4: Pastor Matt challenged us that the very things that frustrate us about others are often things we do ourselves. Before we jump all over others (aka judge them) we need to welcome input about the things we are missing in ourselves. Reach out to someone trustworthy in your life and ask them these two questions: What do you love about me? What are 1-2 things I can do better?

Listen without casting blame or giving rebuttal. What would it take for you to begin to work on these things? Set 1-2 goals for yourself, then be intentional about doing the work, marking your progress and even inviting in accountability and encouragement along the way.

Day 5: “So let’s not allow ourselves to get fatigued doing good...every time we get the chance, let us work for the benefit of all, starting with the people closest to us in the community of faith.” Galatians 6:9-10 MSG

The novelty of kindness challenges and good deeds can wear off after 50 days in quarantine, but Jesus still needs us to share our faith, build his church, encourage fellow believers and care for our community. Look for simple but meaningful ways you can serve Him by serving others this week, then go do some good!