

Cultivate Reflection Guide

Pivot: How to Change When You Don't Want To Week of August 16, 2020 – Counting on Change

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

NEW series Whether we want it or not, change happens. The more we try to cling to the way things have always been, the more miserable we can be. What if change can make us better instead of miserable? What if God wants to use change to change YOU? Use our weekly reflection guide, along with the weekend message, to reflect and respond in community and/or through daily personal study. *Your goal is not to get through the content, but to get the content through you SO THAT you grow spiritually wise as you cultivate God's word into your life.*

1. Noteworthy: As we begin this new series, establish a baseline for yourself. Reflect on/journal/share out your overall attitude and perspective on change right now. Do you love it or hate it? Does the prospect of "new and different" excite you or send you running? Do you prefer the routine and predictable or the spontaneous and unexpected? How have your life experiences – good or bad – shaped your willingness to accept or embrace change?

This week's questions will build on one another, progressing through reflection in a way that will allow you to be REAL with self, God and others.

2. Cultivate Wholeness: It takes friction to make motion. We've experienced a great deal of friction over the past several months – personally, culturally, politically and socially. For many of us, that has put forced and unwelcomed change into motion. To live whole & healthy lives, we cannot sway with every shift in culture and circumstance, but rather we must stay grounded in truth – to God, His word, His people and His church.

"We aren't supposed to be infants any longer who can be tossed and blown around by every wind that comes from teaching with deceitful scheming and the tricks people play to deliberately mislead others. Instead, by speaking the truth with love, let's grow in every way into Christ..." Ephesians 4:14-15 CEB

"Let us hold unswervingly to the hope we profess, for he who promised is faithful." Hebrews 10:23 NIV

Pastor Matt often says that what comes out of us, is what is in us. Be REAL with self. What comes out of you in the face of change? Do you pivot toward God for wisdom, direction and hope or do you turn to things of the world? Are you grounded by the truth that God is faithful or are you tossed around by opinions and advice? Pray, asking God to help you grow this week SO THAT when (not if) change happens what comes out of you is more of Him.

3. Read Psalm 139:23-24. Be REAL with God, inviting Him to search your life and show you what needs to change. Ask Him what is lacking, what you've been ignoring, what you need to start, stop or do differently. If you have an idea of the change that is necessary, ask God if you're focused on the right problem. If God shows you something different, trust Him. What is the first step you can take this week to pursue that change – even if that means continuing to pray?

4. Count the cost. Now that you have an idea of the change that needs to happen, count the cost.

- **What will happen if you choose not to change?** Consider the consequences physically, spiritually, emotionally and relationally. How do those motivate you to stop talking and start changing?
- **What benefits are you hoping this change will bring?** Again, consider how this change could positively impact your personal health, work life, emotional well-being, spiritual growth and relationships.
- **Pray.** First, thank God that He loves you so much He's not willing to leave you unchanged. Ask Him for the help you need to make change happen. Pray specifically for the benefits you desire, asking Him to bless you.

5. Cultivate Community. We need trusted people – friends and community – in our lives to point out our blind spots and the red flags in our life, then speak the truth in love. Be REAL with others. Invite your community group or someone you trust into your change conversation. Share what you're learning about yourself and what God is showing you, then ask them how they think you can change and grow. If you need encouragement, accountability or prayer, ask for it. If you're ready to connect in community, go to sandalschurch.com/next.