

# Cultivate Reflection Guide

## Pivot: How to Change When You Don't Want To Week of August 30, 2020 – Why You Can't Change

If you missed this weekend's messages, watch at [cultivate.sc/discussion](http://cultivate.sc/discussion)

Whether we want it or not, change happens. The more we cling to the way things have always been, the more miserable we can be. What if God wants to use change to change YOU? Use our weekly reflection guide, along with the weekend message, to 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 as you cultivate God's word into your life.*

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**1. Noteworthy:** What got your attention this weekend? As Pastor Matt spoke about change, sharing our faith and being born again, what or maybe even who came to mind? Linger here for a few moments and ask God what He wants you to see, hear or even do next. *If you or someone in your group decided to accept Jesus, we want to encourage you. Go to [sandalschurch.com/next](http://sandalschurch.com/next) and use the "follow Jesus" button to share the news.*

**2. Cultivate Wholeness:** While change is inevitable, it isn't easy. Like a drop in a pool of water, change has ripple effects – for us personally, our relationship with God and our relationships with others. The anticipation of those effects can keep us from stepping into necessary change or even welcoming positive change. To live whole lives, we need to hold our lives loosely trusting that if our Heavenly Father is requiring change, it's for our good.

“God corrects us throughout our lives for our own good, giving us an invitation to share his holiness. Now all discipline seems to be more pain than pleasure at the time, yet later it will produce a transformation of character, bringing a harvest of righteousness and peace to those who yield to it.” Hebrews 12:10-12 TPT

“I'm sure about this: the one who started a good work in you will stay with you to complete the job by the day of Christ Jesus.” Philippians 1:6 CEB

Reflect back on a change that has taken place in your life. How did you feel when the change was happening? What did the change yield in your life – consider the impact on your character, what you learned about yourself, God and others? Would you say now that the change was for the good?

Now, what needs to change in you today? It could be that “thing” you keep doing, saying, watching, feeling, believing, relying on or turning to? Or that thing you're NOT doing, saying, believing...etc. Be REAL with God. Offer Him your fears and questions. Ask Him to show you what your first step toward change needs to be. Pray, but don't delay! Take your first step in faith knowing that the God who began the work in you will see it through to the finish.

**Cultivate Community:** Invite your community group or someone you trust into the change you're pursuing. Ask them to support you, hold you accountable or pray for you. If you don't have that kind of support, we can help. Go to [sandalschurch.com/next](http://sandalschurch.com/next) to find and join a group!

**3. Head vs. Heart:** Pastor Matt challenged us that there is a difference between knowing *about* God and knowing God. That's the difference between head knowledge and heart knowledge – what we hear, study and learn is worthless if it doesn't change how we live. Ask God to search your heart. Is there anything you're hearing, but not doing? Is there anything you're asking or expecting of others, but unwilling to do yourself? Pray, asking God to open your eyes to see how you need to live what you're learning.

**4. Read 1 John 3:16-17.** When we receive Jesus into our lives and are born again, we experience His REAL love – and that's not a love we get to keep to ourselves.

- Based on this verse, how do we know Jesus' love for us is real?
- In response to that kind of love, what should we do? If we don't, what does that say about us?
- Pray and ask God how you can express His love to others this week. While tangible support might be called for, compassion and kindness can also go a long way. Consider what you can do, then share His love.

**5. Draw closer to God:** If we're inviting God to change us, we need to expect some opposition. We have a real enemy who is eager to distract, discourage and derail us from anything that draws us closer to God. Close out this week by simply getting alone with God. Pray, listen to a worship song, read a favorite scripture or Psalm. Ask God to remind you of who He is as you purpose to become who He's created you to be.