

# Cultivate Reflection Guide

## New Voices: Dying to Live – Justice Coleman Week of August 9, 2020

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

Who you listen to matters. This summer, Pastor Matt has invited friends and fellow pastors to lend their voices and share their perspectives. As we begin this new series and many community groups resume meeting, we've updated our reflection guide to include opportunities for you to cultivate God's word in community and/or continue to respond through daily personal reflection. The choice is yours!

**1. Noteworthy:** What got your attention this weekend? Were you challenged, encouraged or motivated by the worship, the scripture or the message? Linger here for a few moments and ask God to show you what He wants you to hear or even how He is leading you to respond.

**2. Cultivate Wholeness:** We're living in confusing times and the struggle for answers is real. When it feels hard to trust God, it's often because we've begun to live "truth adjacent," filling ourselves up on what sounds right and true but is a poor substitute for the Truest Truth – God and His word. It's in these faith-wavering moments that we need to cultivate the spiritual discipline of remembering what is true.

"Once again I'll go over what God has done...I'll ponder all the things you've accomplished, and give a long, loving look at your acts." Psalm 77:12 MSG

"The Scriptures give us strength to go on. They encourage us and give us hope." Romans 15:4 NIRV

Go over what God has done, beginning with today and working backwards. Journal, reflect or share out what God has accomplished in your life, family, relationships, health, spiritual growth, etc. Remember how you've experienced His strength and encouragement through His word, His Spirit, His people and His church.

Is what you believe about God today consistent with who He has been and what He has accomplished? If *yes*, praise God and ask Him to continue to strengthen your faith through the truth of who He is. If *no*, be REAL with God - confess your doubts and your unbelief. Ask Him to show you the truth of who He is so that you can trust Him more.

**Dig Deeper:** The discipline of remembering what is true can also apply to our relationships. In the face of conflict, we can often be tempted to write our own version of the truth, rather than seek out the facts. Are there any relationships in your life that could benefit from a REAL conversation? Pray, asking God to first right your expectations and then reveal His timing as you seek next steps.

**3. Read John 11:1-6.** Our timing is not God's timing and sometimes that means we wait.

- Why does Jesus need to delay going to Mary & Martha (v.4)?
- Although Jesus delayed his visit, how did he feel about Mary & Martha (v.5-6)?
- What does Jesus' response tell you about the purpose and heart behind God's timing? How does that encourage, challenge or change your perspective today?

**4. Read Proverbs 3:5-6.** Our faith comes alive when we die to **1)** our expectations and entitlement **2)** our timing and projections **3)** our comfort and complacency. Which of these three needs to die *in you* so that God's plans *for you* can come to life? Pray Proverbs 3:5-6 back to God, committing to surrender your way and instead seek His.

**Cultivate Community:** When our faith is weary, we need to be REAL with others. Invite your community group or someone you trust to breathe fresh life into your faith through encouragement, accountability or prayer. Reach out this week and let them in!

**5. Praiseworthy:** Our worship team at Sandals Church is so often encouraging us to fight our enemy through praise. What battle are you facing today? Whether fear and anxiety, worry and overwhelm or brokenness and sorrow, our God is eager to walk beside you and carry that burden. Invite Him in through worship. Cue up a favorite song, simply rest at His feet and let the goodness of God meet you right where you are.