

Cultivate Reflection Guide

Pivot: How to Change When You Don't Want To Week of September 6, 2020 – How to Change in Changing Times

If you missed this weekend's messages, watch at 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.*

1. Noteworthy: Pastor Matt challenged us to learn how to pivot in response to an everchanging world. How is your pivot step? Do you stay grounded to God as you respond to changes around you or do you get tossed around by every wind of change? To what do you attribute your response? What from this weekend's message most challenged you?

2. Cultivate Wholeness: 2020 has challenged us all to shift our priorities, hold our plans loosely and surrender our idea of control. It's no surprise that we're all feeling weary and worn. Emotions are high, but God's call on our lives is even higher. We aren't called to chase our ever-changing heart, but to follow our unchanging God.

“Set your minds on things that are above, not on things that are on earth.” Colossians 3:2 ESV

“Trust in the Lord completely, and do not rely on your own opinions. With all your heart rely on him to guide you, and he will lead you in every decision you make.” Proverbs 3:5-6 TPT

While our feelings are very real, they can also be incredibly misleading. We need to process through our feelings, but we should be led by our faith. Take an inventory of your feelings – what power and position do they hold in your life? Are you relying on feelings to guide your decisions or on God? Consider the actions that follow your emotions – are you speaking/acting/living out your faith or your feelings? Pray, asking God to help you set your mind on Him and sift your feelings through your faith, so that you live a life lead by God.

Dig Deeper: Read Colossians 3:1-17 to learn what it looks like to live with your whole life – heart, soul, mind and body focused on God. What do you need to put to death so that you can live that way?

3. The Company We Keep: It's been said, we are the company we keep. In changing times, we need to surround ourselves with stable, sensible and honest people. Who are these people in your life? What about their character do you most admire? What have you learned from them that you want to replicate in your own life? First, thank God for these people, then thank them – tell them what you most appreciate and how they make you better.

Cultivate Community: If you need more stability and sensibility in your life, consider cultivating community. Not only does a community group give you a safe place to be REAL with others, but it allows others to be REAL with you SO THAT you can live out what we're learning on the weekends. Visit sandalschurch.com/next to find, start, join or even try out a community group!

4. Opposites Attract: This weekend we got to know Nabal and his wife Abigail. While Nabal's legacy is forever captured in the pages of scripture as “he's so ill-tempered that no one can even talk to him” (1 Samuel 25:17), his wife Abigail was a woman who watched closely, listened carefully and responded wisely.

Be REAL with self – who are you in this story? Are you quick to anger or careful to listen? Do you have a reputation for a hot temper or wise words? Are you a person others listen to or are they putting you on mute? Ask yourself what you want your legacy to be, then ask God what needs to change in you so that you can begin to cultivate the character you desire.

Dig Deeper: Curious what came of our girl Abigail? Read 1 Samuel 25:39-40.

5. Praiseworthy: In changing times, we need to give God space to move. We need to let Jesus be our King. In what area of your life do you need to let Jesus be King today? Will you humbly surrender your plans, your ideas and your cares into His hands? Pray expressing your trust, asking for what you need and believing that His will for you is far better than anything you've imagined for yourself.