



cultivate wholeness

real growth through God's word

Fall Cultivate Bible Study: The Armor of God

Week 3 Discussion Guide
Melody Workman – Righteousness

We're so glad you've joined our community of Sandals Church women as together we learn to cultivate wholeness into our lives and experience REAL spiritual growth through God's word. Watch this week's teaching video, then use this discussion guide – either in a group or on your own – to reflect, respond and pray as you cultivate the armor of God into your life. Your goal is not to get through the content, but to get the content through you! Be REAL, give the Holy Spirit room to move and respond to God as you study.

| Cultivate Wholeness |

Righteousness is essential to wholeness because without it we are vulnerable to the enemy's attacks.

| Key Verses |

"We are made right with God by placing our faith in Jesus Christ. This is true for everyone who believes, no matter who we are. For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace, freely makes us right in his sight. He did this through Jesus when he freed us from the penalty for our sins." Romans 3:22-24 NLT

"For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ." 2 Corinthians 5:21 NLT

"But you, Timothy, are a man of God; so run from all these evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness." 1 Timothy 6:11 NLT

"Whoever is steadfast in righteousness will live, but he who pursues evil will die." Proverbs 11:19 ESV

"Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness." Ephesians 6:13-14 NLT

"The human heart is the most deceitful of all things, and desperately wicked." Jeremiah 17:9 NLT

"Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!" Psalm 42:11 NLT

"I have hidden your word in my heart, that I might not sin against you." Psalm 119:11 NLT

| Video Notes |

Fill in the blanks following the on-screen prompts:

1. _____ righteousness is who I am because of what God has done.
2. _____ righteousness is aligning my life with the word of God.
3. Our positional righteousness has been _____. Our practical righteousness must be _____.
4. Christ and culture are at _____ over your heart.
5. Our culture isn't just _____ us, it's _____ us.
6. God's word is our _____.

| Reflect & Discuss |

1. Describe how you feel about God's word. Is it a guidepost for your life or a road sign you drive by? In what ways would you like to grow/change your perspective, approach or habits when it comes to God's word? If you're already working toward this, how have you seen the benefits in your life?
2. What do you think it means to be "right" before God? What did you learn about righteousness from Melody's message? Is there anything about your idea of right living that needs to change as a result?
3. If someone looked into your everyday life – your words, actions and thoughts – would they see you working to align your life with Christ? What do you most want others to see in you?
4. Jesus sees and knows everything about you and while He loves you as you are, He loves you so much He wants to make you more like Him. In what ways do you want to invite Jesus to do a work in you? In what ways will you commit to growing in your relationship with Him?

| Pray & Journal |

Be still before God, inviting Him to search your heart. If you'd like, journal your thoughts and prayers so that you can later look back on the REAL growth you experience this season.

The enemy has a plan for your heart, but do you? What the world says about our heart and what Christ says do not align. Our hearts can be deceitful and misleading which is why, as Christians, we are not called to "follow our heart," but to follow God and His word. **Be REAL with self** about how culture is infecting your heart. Is what you are exposing yourself to [e.g. listening, following, scrolling, watching, reading] filling you with hope & healing or distraction & discouragement?

First, thank God for the gift of your positional righteousness and express gratitude for what He has done for you. Then, **be REAL with God** about the condition of your heart. Be honest about any sin, anger, bitterness, anxiety or discouragement you are holding in your heart. Tell God both what you are putting into your heart and what is pouring out of it. What boundaries do you need to establish for yourself so that your heart is protected AND you are actively aligning your life to God's word? Will you commit to learn AND hide God's word in your heart?

Be REAL with others – choose someone you trust to speak truth into your life in love. Ask them if they see you aligning your life with Christ. Invite them to share how they think you can grow – whether it be spiritual, emotional or relational growth. Listen to that feedback, then pray. Ask God to help you become the best version of yourself – whole, healthy and more like Him.

| Dig Deeper |

Choose any of the dip deeper opportunities to cultivate more of God's word into your life.

- Read 2 Timothy 2:22 NIV: What does this verse tell you about the importance of community in your pursuit of righteousness? Who is someone you can invite to walk alongside you as you cultivate the armor of God into your life? Consider the kind of support you most need in this season, then reach out and ask that person if they'd be willing to walk together in that way.
- Read Psalm 19:7-14 TPT: What do these verses tell you about the power of God's word? In which of these ways do you want to align your life with God's word? Choose the verse that most challenges or encourages you and commit to make it your own – memorize it, pray it and cultivate it into your life.
- Read James 3:9-12 TPT: Are the words you speak – either over yourself or toward others – a challenge for you? What do these verses tell you about the link between what is in you and what comes out of you?

| References & Resources |

- If you or your group watch our weekend message at Sandals Church, consider incorporating one question from our weekly reflection guide at cultivate.sc/discussion to live out what we're learning on the weekends.
- Want daily reading content to grow your faith? Check out our bible reading plans on the Sandals Church app. Join us now in our current reading, The Kingdom that Counts.