

Cultivate Reflection Guide

December 19 & 20, 2020

Light: Finding Light When Life Goes Dark

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

The coming of Christmas isn't just a chance to manufacture hope – it represents the coming of a very real gift to every single one of us. Join us over the next several weeks as we find out about the real hope God has promised to us. Whether in community or through your own personal reflection time, respond to one or more of the following questions to live out what we're learning on the weekends.

1. **Keep Believing:** Pastor Matt challenged us that it's not enough to believe *in* God, we need to believe God.

“Do not let your hearts be troubled. You believe in God; believe also in me.” John 14:1 NIV

“Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7 NLT

- Is there anything you're struggling to believe God can do?
- Why do you think that is? What's at the root of your unbelief?
- Follow Philippians and pray. Be REAL with God – share what's troubling your heart. Thank Him for what you see Him doing in your life. Then, invite Him into your unbelief. Ask God to stand guard over your heart and mind and help you to keep believing even when you don't see.

2. **Finding Light:** Rather than look at 2020 and question God's goodness, we need to look at Jesus. He is pure light; our goodness and hope. We can find light in the darkness by listening to the words of Jesus and believing them.

“I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life.” John 8:12 NLT

“Your word is a lamp to guide my feet and a light for my path.” Psalm 119:105 NLT

- Read John 8:12. What does Jesus say we need to do so that we are walking in light?
- How are you doing at following? Are you letting Jesus' words guide you or are you being led astray by false light – believing “other” voices, ideas and opinions?
- What is one thing you can purpose to do this week to follow REAL light – Jesus?

3. **Be Still & Know:** Sometimes we think we need to inform God, explaining why we need Him to show up. While God loves to hear from us, He knows where we are, and He wants to bring light into any darkness or difficulty we are experiencing. We can find peace and rest in that truth.

“Surrender your anxiety! Be silent and stop your striving and you will see that I am God.” Psalm 46:10 TPT

“I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.” John 14:27 NLT

Get alone someplace quiet and surrender anything you're carrying. Rather than speak, just listen. Maintain this posture for as long as you can – acknowledging that this could feel awkward or even uncomfortable. Fight the temptation to talk, to do or to tell. Enter into God's rest and simply be with Him, listening for the whisper of His Spirit and experiencing the gift that is His peace and presence. Let God be God and just be still.

Merry Christmas...from all of us at Cultivate Women we wish you a Christmas filled with all the goodness of God – peace, light, hope, joy and kindness. We pray that in this full and busy season you purpose to draw near to God each day SO THAT He can draw ever nearer to you. Sending you love and our kindest wishes for a new year that brings more growth, more goodness and more Jesus!