

# Cultivate Reflection Guide

## When in Rome: A Better Exchange

February 13/14, 2021

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

Following God in a culture that doesn't is easier said than done. The book of Romans is full of foundational gospel truth that will teach us how our faith can influence the world around us, instead of letting others tell us what to believe – especially in the places where Christianity and culture collide.

Use our Weekly Reflection Guide, in community or through personal study, to live out what we're learning on the weekends. It's not about getting through the content, but getting the content through you. Choose the questions that are meaningful to you, then be REAL with self, God or others as you reflect, respond and pray.

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**1. Reflect/Respond:** What most stood out to you from the weekend message? How you were challenged, encouraged or instructed? What is one way you could live out what you're learning in the week ahead?

**2. The Wrong Exchange:** From the beginning of time, people have exchanged the God who is for the God they want; the "god" who better suits their ideas and needs. The one true God is filled with grace and kindness while also being just and mighty. We can't receive one without accepting the other.

<sup>17</sup> The Lord is righteous in everything he does; he is filled with kindness. <sup>18</sup> The Lord is close to all who call on him, yes, to all who call on him in truth. <sup>19</sup> He grants the desires of those who fear him; he hears their cries for help and rescues them. <sup>20</sup> The Lord protects all those who love him, but he destroys the wicked." Psalm 145:17-20 NLT

- In your own words, list some of the attributes (character, qualities) of God.
- Which attributes do you favor? Which challenge you and why? If you're not challenged by who God is, reconsider your list and what you're not able and/or willing to see.
- Where in your life are you exchanging the God who is for the God you want?
- Pray, according to Psalm 145 – humble yourself, calling on God out of healthy fear and love, asking Him to help you see the truth of who He is and how you need to live in response.

*Dig Deeper* In any healthy relationship, when we want to know more, we make the time to learn. Do a word search this week on an attribute of God that you want to know more about. Use the index or concordance in the back of your bible or simply Google scriptures on the attribute you're searching for.

**3. The Newest Talking Snake:** Whether it's entertainment, politics or spiritual insight, we live in a social media culture with an unending news cycle. If we're not careful to discern the truth of God's word from the word of someone else, like Eve in the garden, we'll fall prey to the newest talking snake.

"My dear friends, don't believe everything you hear. Carefully weigh and examine what people tell you. Not everyone who talks about God comes from God. There are a lot of lying preachers loose in the world." 1 John 4:1 MSG

- Take inventory of who/what you're following, scrolling and hearing. Is anything or anyone causing you to question, compromise or doubt the truth of God's word?
- Do you carefully weigh and examine what you hear by filtering it through God's word? Or are you filtering God's word through what others call truth?
- What are some ways you could guard your spiritual health and grow in this area?

**4. A Better Exchange:** The same social media culture that twists truth wants to mess with our identity, telling us that who we are, what we have or what we do is not enough. It can be equally exhausting and destructive. But Jesus offers us rest. He gives us identity, value, worth, promise, purpose, meaning and blessing. The most beautiful thing about this exchange – we don't have to earn it; we just need to receive it.

- Get alone someplace quiet with God. What burdens are you carrying? Take those to God and ask Him to exchange them for His peace, promise and purpose. Don't expect magic, but do invite progress. As you go into this week, be intentional about this exchange. Keep asking God to take your burdens and show you your identity, value, worth, promise and purpose in Him and through His word. Invite Him to show you your part, then let Him do His. It's there that you'll find rest. ♥