

# Cultivate Reflection Guide

## When in Rome: What Do You Need to Change? April 24/25, 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 – 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.

→ *Kindly Note* Since many of our Cultivate groups are participating in our Spring Book Study, we'll be offering an abridged version of our Cultivate Reflection Guide for the next 6 weeks. If that's you, we encourage you to choose at least one question to reflect on and/or discuss during your group time.

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**REAL change:** Change takes courage. Often, rather than focus on what we can change, we give our best energy to what we can't – which is exactly where the devil wants us. If we want REAL change, we need something more powerful than motivation. We need Jesus.

“<sup>21</sup> I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. <sup>22</sup> I love God's law with all my heart. <sup>23</sup> But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. <sup>24</sup> Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death?” Romans 21-24 NLT

- How do you find Paul's principle of life to be true for you?
- What traditionally motivates you to change? Be specific – is it discipline, self-control, fear, peer pressure, positive reinforcement, financial gain, etc. Does that motivation last or fade with time?
- If we want REAL change, the first step is being **REAL with self**. What is holding you back from pursuing the change you most desire? Do any of those obstacles need to be confessed as sin? Will you deal with that right now?
- Our strength may fade, but Jesus' never does. **Be REAL with God**. Share your fears and hopes, then invite Him into the change you desire SO THAT He can meet you with His power. What is a realistic and attainable next step you can take toward REAL change today?
- How could being **REAL with others** help you pursue this change?

Pastor Matt encouraged us not to be afraid to be a beginner. First steps are where growth begins. When we chase perfection and don't find it, we quit. But if we pursue progress and continually seek it, we change. We might not be where we want to be, but we won't be where we were!