

Cultivate Reflection Guide

When in Rome: Dealing with a Distracted Mind

May 15 & 16, 2021

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

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 includes you, we encourage you to choose at least one of these questions to reflect on personally and/or respond to during your group time.

An Exercise in Attention: We live in a culture that is after our attention. The state of our mind is the state of our life. Which simply means that we are becoming whatever has our attention. As follower of Jesus, we've been given the gift of the Holy Spirit SO THAT we can set our mind on God.

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires...You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you.” Romans 8:5, 9 NIV

- Reflect on the last week. Picture a pie chart with the things you gave your time and attention to representing “slices” of your week. What habits and practices took most of your time? Which got less attention? Be REAL!
- Whether or not time with God was represented in your week, what are some ways you stay connected to God? Be honest and practical – e.g., worship, reading your bible, going to church, being in community, etc.?
- Given the account of your time, attention and connection to God, what is one way you want to grow? This might be something meaningful you want to do more, a distraction you want to minimize or something detrimental that needs to be cut out. If you're not sure how you want to grow, stop and pray. Ask God to show you.
- Choose one of the following practices to cultivate into your life this week to help you pursue that growth.
 - *Stillness*: free yourself from something distracting and instead be still in God's presence. Let Him have His way with your heart and mind SO THAT He can have His way with your life.
 - *Saying no*: intentionally say no to something that draws you away from God, especially any sin that you've allowed to separate you from Him. Instead choose to do one of those things that connects you to God.