

# Cultivate Reflection Guide

## When in Rome: How God Heals Anxiety

June 5 & 6, 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 Reflection Guide for personal study throughout the week, to start a REAL conversation with friends or under the direction of your community group leader. Choose the questions that challenge you to reflect and respond as you live out what we're learning on the weekends. Remember...it's not about getting through the content, but getting the content through you!

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**Cultivate Truth:** How were you encouraged, challenged or instructed by this weekend's message? This could be a word, verse or point that got your attention or got you thinking. How can you cultivate that into your life SO THAT you can begin to live out what you're learning?

{*think about it*} To “cultivate” means to prepare, develop and use what you have acquired.

**A heart problem:** God wants to heal our anxiety by dealing with our heart. Anxiety reveals itself in many forms and it can be a REAL struggle for many of us. No matter what it looks like, anxiety can keep us from doing what God has called us to do and becoming who He has called us to be.

“Search me, O God and know my heart; test me and know my anxious thoughts.” Psalm 139:23 NIV

“And I will give you a new heart and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.” Ezekiel 36:26 ESV

- Begin by praying Psalm 139:23.
- How do you experience anxiety – what does it look like and feel like for you?
- It's often the things that matter most that make us the most anxious. What in your life triggers anxiety? Why do you think that is? Is that in fact something that matters or is it something that should matter less?
- God starts with healing the heart because the heart lies to the head. It tells us that “if we just \_\_\_\_\_, then we would feel happy and satisfied.” Are you believing any “heart lies” about people, possessions or provisions that would make everything “right” in your life?
- The condition of our heart can dictate the way we think about and treat ourselves, God and others. How is the condition of your heart impacting your relationship with self, God or others? This could be a lack of self-worth or it could be selfishness. It might be a line of false thinking about who God is and what He is able to do. It may even be a critical spirit or conflict with others.
- Read Ezekiel 36:26. Pray and ask God to deal with your heart. Invite Him to show you what needs to change in you, through you or around you. Ask God to give you the strength and courage to pursue REAL heart change.

**The REAL solution:** God wants us to find healing, wholeness and satisfaction in His love, His peace and His protection. That invitation into His presence is found in His word...

Do not be anxious *or* worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours]. Philippians 4:6-7 AMP

Turn to God and turn your anxieties into prayers – tell Him what you need and thank Him that He is a God who can meet those needs. Ask Him to give you peace and to stand guard over your heart and mind. Walk forward believing that even when you don't see Him, feel Him or understand Him, He is with you!