

Cultivate Reflection Guide

When in Rome: How to Care for Others (Without Going Crazy)

August 21 & 22, 2021

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

Since the start of 2021, we've been learning *what* we believe as Christians and *why* we believe it. As we continue our When in Rome series this summer, our focus shifts to *how* we live out what we're learning. When what we believe changes how we live, we experience REAL growth!

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. Keep in mind...*it's not about getting through the content, but getting the content through you!*

Review Romans 15:1-7. Invite God to speak to you through His word.

Reflect/Respond: How were you personally encouraged, instructed or challenged by the message? This could be a word, verse or point that got your attention or got you thinking. What is one way you can cultivate that into your life SO THAT you begin to live out what you're learning?

Your Mission: To care for others without going crazy, we need to follow our mission – family, church, work and community – rather than being led astray by our emotions.

- What is your mission? Make a list of the people, priorities or places that you believe God [not everyone else] has called you to give your time, attention and resources to.
- Be REAL. How are you doing at following your mission? On track or sidetracked? Focused or distracted?
- What helps you follow your mission? What hinders you? This could be people, pastimes, practices, etc.
- What do you need to do MORE or LESS of so that you can realign with and focus on your mission?

Dig Deeper Opportunity Read Galatians 6:1-5. When we help others, what should that look like? What do we need to be careful to avoid? What is the REAL source of our motivation or satisfaction? How can you live this out?

Your Responsibility: No one can steward [manage, protect, preserve] our mission for us. While God commands us to care for others, we need to take personal responsibility for doing that with wisdom. We can't be something we're not AND we can't give what we don't have.

- When it's practical, do you consider your strength AND ability before helping others?
 - a. If yes, how do you do that? Pray, reflect, talk to a friend, research, etc.
 - b. If no, why not? What is motivating you to help? This matters because our motives need to be driven by wisdom – not pleasing ourselves (Romans 15:1) or being pleasing to others.
- What boundaries do you have in place to protect your time, energy, priorities, etc.? How have those benefitted you? If you're lacking boundaries, where do you need to say no, set limits or proceed with caution SO THAT you protect your mission?
- If we're not careful, our help can actually hinder growth – spiritually, relationally, or emotionally. Is there anyone in your life you're hanging on to "helping" when it's time they take responsibility for their own growth? What is a first step you could take to do that in a way that is healthy for them and you?

Cultivate Community If you're finding it hard to create healthy boundaries or define where you need them, ask a trusted friend or your community group where they see that you need to set some boundaries in your life.



Kind Table is Friday, September 10. Set a table for the women in your community and make room for even more women to taste and see what kindness can do. Serve as a home hostess or cultivate community by attending an on-campus Kind Table experience. Visit cultivate.sc/kindtable to learn more!