

# Cultivate Reflection Guide

## Meeting with Jesus at the Table November 27 & 28, 2021

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

We close Thanksgiving week gathering together to take communion and remember that our acceptance can't be earned. It's a gift we receive through great sacrifice and one we can share by living a REAL life transformed by Jesus.

Use this week's Reflection Guide to start a REAL conversation in your community group or for personal bible study as you cultivate God's word into your life during the week. Choose the questions that challenge you to reflect and respond as you live out what we're learning. *It's not about getting through the content, but getting the content through you!*

**Read:** [Mark 14:17-26 CSB](#)

**Reflect & Respond:** Communion is not only a time to remember, but it's a time to come together. In a world so often divided, communion reminds us that everyone has a seat at the table with Jesus.

1. 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.
2. The communion table is an opportunity to be with God and remember who He is and what He has done for us. What distractions or obstacles in your life are keeping you from being with Jesus? This is between you and Him, so be REAL.
3. Read [Mark 6:31 TPT](#).

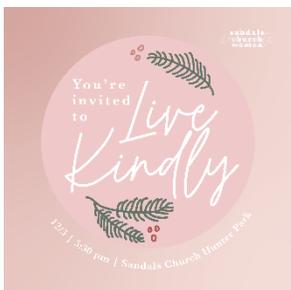
*"There was such a swirl of activity around Jesus, with so many people coming and going, that they were unable to even eat a meal. So Jesus said to his disciples, "Come, let's take a break and find a secluded place where you can rest a while."*

In our lives of busyness and hurry, we can quickly sacrifice time with Jesus. Stillness is a practice that requires discipline and intentionality, but it is not only an opportunity to be with Jesus, but to invite Jesus to be with you.

What would it take to cultivate this practice of presence into your life? Be specific – what do you need to start doing or stop doing so that you can spend time with Jesus?

4. Jesus came to the table with His community – both the faithful and the flawed. Communion invites us to be with God so that we can become like Jesus.
  - a. Who are the people in your life who have a seat at that table? This might be those who encourage your faith or who love you despite your flaws. Thank them for “communing” with you.
  - b. Who in your life needs an invitation to that table? This might be those who challenge your ideas and oppose your opinions, but still need to see what a life changed by Jesus looks like. Pray about reaching out – whether that's in kindness, reconciliation or invitation.

**Prayer:** Thank God for the truth that your acceptance is not earned. You are loved not for what you do, but for who you are. Invite God to search your heart and show you anything – distraction, obstacle or excuse – that is keeping you from experiencing His presence. Confess that and ask Jesus to help you cultivate His presence into your life in meaningful and practical ways. Walk forward with purpose, in faith, trusting that every step closer to Jesus equals goodness and growth.



**You're invited to Live Kindly!** Join Sandals Church Women for an evening of kind community, all the beauty of the holidays, LIVE worship and a message of hope and encouragement from Melody Workman. Who will you kindly invite to join you? **Friday, December 3 | 5:30pm | Sandals Church Hunter Park**