

Cultivate Reflection Guide

Holy Shift: Creating Sacred Space January 15/16, 2022

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Jesus gave his followers practices, rhythms and habits to follow that He knew would change them. Holy Shift invites us to consider our habits and shift our spiritual practices toward God.

Our weekly Reflection Guide equips you to start a REAL conversation in your community group, as well as cultivate God's word into your life through personal bible study. Choose the questions that challenge you to reflect and respond to what we're learning. *It's not about getting through the content, but getting the content through you!*

Read: [Genesis 1:1-5, 1:31, 2:1-3 NIV](#)

Reflect: As you reflect on the weekend message, what most instructed, encouraged or challenged you? This could be any word, verse or point that got your attention.

Respond:

1. Despite our best efforts, burnout has a way of finding us. Think about the warning signs in your life.
 - What happens inside of you? What pours out of you?
 - Where do you most feel the impact – your spiritual growth, emotional health or relationships?
2. Sacred space is a period of time woven into the fabric of creation to rest, worship and delight.
 - What are some ways you currently cultivate rest, worship and delight [joy, fun] into your life?
 - If you're not OR if you find it difficult, what obstacles keep you from doing so?
3. We need sacred space to replenish us from the burnout of life. Rather than worship Jesus, we idolize busyness, finding our worth and significance in what we do, believing the lie that rest must be earned. Be REAL with self as you consider the following:
 - Is there anywhere you're trying to find worth apart from Jesus?
 - Are there any lies you're believing about the value and necessity of rest?
 - Do you often give what you don't have or do what you haven't been asked/called to do? This might look like people pleasing, offering unsolicited advice, saying "yes" out of obligation or not honoring your own boundaries.
 - Read [Matthew 11:28-30 MSG](#). Pay attention to what Jesus asks of you and what He offers in return. How could cultivating this truth into your life give you the freedom to create sacred space?
4. Creating sacred space is a holy shift. It is a discipline we need to **prioritize** in our calendar, **share** with others and **receive** as a gift from Jesus.
 - In which of these areas (prioritize, share, receive) do you most need to experience growth?
 - What is a practice, habit or rhythm you can cultivate into your life to pursue that growth? Remember, every step forward equals progress but if you take a step back, don't give up. Simply begin again!

Prayer: Get alone anywhere you find quiet. Take a few breaths to just be still in God's presence. Thank Him for who He is. Now, tell Him about anything keeping you from rest, worship and delight. Ask Him to help you trust and believe that your true value and worth are found in Him alone. Invite God to help you make the holy shift your life needs so that you can rest, recover and create sacred space in your life.

Live it Out: We need people we turn to when life becomes chaotic. Who are those people for you? How do you need their support and encouragement today? Reach out and ask them to walk with you or even hold you accountable. If you don't have those relationships, who could you invite into your life to cultivate community? Live is lived better together. Learn more about starting a group of your own or joining an existing group at move.sc/groups.