

# Cultivate Reflection Guide

## Holy Shift: More Than a Resolution January 8/9, 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!*

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**Read:** [Philippians 3:8-11 ESV](#)

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

### Respond:

1. The gospel [Jesus' life and teachings] is an invitation to change. What is your perspective on change – open and eager OR resistant and reluctant? How do you think that perspective impacts your spiritual growth?
2. We need to shift how we see what the world has to offer in comparison to Jesus.
  - The world can tempt us with the promise of instant gratification. Jesus asks us to follow, obey and often, wait for His best. Is there anywhere in your life you're tempted to choose what you want right now rather than wait on Jesus?
  - How could shifting your perspective from self to God help you follow, obey and trust Him more?
3. We need to shift who we compare ourselves to.
  - When we focus on others, we grow in envy. When we focus on Jesus, we grow. What or who is a trigger for envy in your life? This could be anything that makes you discontented, dissatisfied, resentful or jealous.
  - Read [Galatians 6:4-5 MSG](#). How does this verse challenge you to shift your focus to Jesus? What is one practical way you could do that?
4. We need to shift our view of suffering and difficulty.
  - Reflect on a time of hardship, difficulty or suffering in your life. This may have been a long, hard season or even a long, hard day. What did you learn (or are you learning) about yourself, God and others? How does that perspective encourage your faith?

**Prayer:** Pastor Matt closed this week's message with [Acts 16:14-15](#) - the holy shift God did in Lydia's heart. Maybe there's a shift you know you need to make OR maybe you need to ask God to show you the needed shift. Talk to God and invite Him to begin that work in your heart. Ask Him for the wisdom, courage and resolve to pursue that growth.

**Live it Out:** You may not be where you want to be, but if you pursue growth, you won't be where you were. Even small steps equal progress. As you reflect on the holy shifts we learned in this weekend's message, what is a practice, habit or rhythm you will cultivate into your life?