

# Cultivate Reflection Guide

## The Power of Us: The Power of Our Worship May 28/29, 2022

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Each generation thinks they're the best, with an almost refusal to listen to or learn from generations before or after us. Through the wisdom of God's word, our new series will help us learn from the past so that we can keep learning from and leading future generations.

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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*Kindly Note* With many Sandals Church Women participating in our Spring Cultivate bible study, we'll be offering an abridged version of our Weekly Reflection Guide. You can continue to engage with the weekend message while participating in our study or simply return to the Reflection Guide once our season is over.

**Read:** [Acts 2:42-47 NLT](#)

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

### Respond:

- [Psalm 29:2](#) describes worship as an opportunity to "ascribe to the Lord the glory due His name." In your own words, describe what "worship" means to you? This could include how you worship and/or why you worship.
  - What obstacles have kept or currently keep you from engaging in worship in the way God is worthy? These could be internal [thoughts, fears, criticisms], external [distractions, environment, people] or even circumstantial [hardship, challenges].
  - REAL worship should take our focus off us and place it on God. Worship is both an offering and an act of obedience. How could entering worship with that mindset help you overcome any obstacles, hindrances or reluctancies to fully engage?
- Given what you've learned about the power of worship, in which of the following ways are you most challenged to grow or elevate the purpose of your worship:

#### I want my worship to:

- prepare my ears to hear from God
- open my heart to love God's people
- remind me of how awesome God is
- inspire me to a higher level of living
- motivate me to celebrate the growth of the church

**Prayer:** *"Father God, thank you for reminding me that worship is an opportunity to revere your holiness and an act of obedience to give you the glory you are due. Worship is also a safe place where I can lay down my fears and insecurities and simply rest in the power of your presence. Help me to have a right perspective of both who you are and who I am when I worship. Give me ears to hear and a heart that is ready to receive what you have for me. Help me to worship you with all my heart, soul, mind and strength."*