

# Cultivate Reflection Guide

## The Power of Us: The Power of our Words May 7/8, 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:** [James 3:8-10 ESV](#) and [James 1:19 NLT](#)

**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. We live in a time when it's never been easier to share our words. Which means, it's never been more important to recognize that **words are powerful things**.
  - Take an honest inventory of your recent "word life," publicly and privately. How have you used your words to build someone up? In contrast, did your words tear someone down? Keep in mind, that "someone" could include yourself or others.

*Words that build up cultivate* grace, unity, kindness, freedom, encouragement and truth in love.  
*Words that tear down perpetuate* legalism, division, criticism, bondage, discouragement and gossip for gain.
  - Be REAL with God and confess any words you spoke that tore someone down. Ask Him to search your heart and show you the way forward, which could include an apology or amends.
2. Not one of us can claim to be innocent of the sins of the tongue, but when we know better, **we can learn to do better**. In which of these areas do you want to cultivate growth, wisdom and maturity:
  - I want to listen more quickly and speak more carefully. [[James 1:19](#)]
  - I want to control my criticism and speak more lovingly. [[Ephesians 4:15](#)]
  - I want to pursue spiritual growth and speak more words that reflect Jesus. [[1 Thessalonians 5:19-21](#)]

Read and work toward memorizing the corresponding verse as you commit to cultivating this growth into your heart, mind and mouth.

**Prayer:** "Jesus, thank you for reminding me – challenging me – that my words have the power to build others up or tear them down. I want to speak truth in love, and I ask you to forgive me for the times I've instead been critical, harsh or unkind. Help me to be in tune with your Holy Spirit. Empower me and hold me accountable to be quick to listen and slow to speak so that I grow into the best version of who you have called me to be. Amen."