

# Cultivate Reflection Guide

## Year End Edition

---

The closing of a year creates a unique opportunity to pause and reflect. This practice not only serves to slow us down in an often busy season, but it honors God as we make time to linger on what He's done in us, through us and around us. Choose the prompts that are most valuable to you, then make the time in the days ahead to reflect on your own, discuss with your community group or enjoy an honest conversation with a trusted friend.

### ***A few tips to make the most of this practice:***

- Begin by praying and inviting the Holy Spirit to lead you.
- Give yourself grace. Don't get so caught up in "how" you do this, that you miss "why" you do this.
- Choose a time and place where you can comfortably be still, think and breathe.
- Talk to God, but listen too.
- Alongside your bible or bible app, use anything that helps you focus, think and learn.

### **Real with Self:**

- [Read James 1:22-25 CEB.](#)
- As you reflect on the past year, what growth do you see in yourself? This doesn't have to be big change, but could include subtle growth that is meaningful to you.
- What did this growth look and feel like for you? Was it affirming and encouraging or stretching and challenging? Did you overcome an obstacle, experience something new or gain perspective?
- How are you living differently because of your growth? This could be emotionally [within yourself], spiritually [with God] and relationally [with others].
- *Dig Deeper* [Read Philippians 3:12 CEB.](#) Pray and ask God to show you where you can cultivate new growth in the new year. Watch and make note of how God might reveal this to you over the days and weeks ahead through His presence, His people and His word.

### **Real with God:**

- [Hebrews 4:15-16 MSG.](#) What does this verse tell you about being real with God?
- God not only gives us permission to express our needs, but He invites us to be bold. Tell God [pray, speak, write] how you need to experience His love, grace, mercy and help?
- God will do His part, but we can also take ownership for meeting our needs. Is there a rhythm, practice or discipline you need to cultivate into your life? Set that intention for yourself, then be purposeful in pursuing it, but remember God isn't keeping score. Don't give up, simply begin again.
- *Cultivate Community* [Read Ecclesiastes 4:9-10 NLT.](#) Who in your life can you trust with your needs? Start a conversation, be brave and express your needs as you ask for their encouragement, accountability or help.

### **Real with Others:**

- [Read 1 Thessalonians 1:2-6 MSG.](#) Who can you count on to encourage and strengthen your faith? Reach out and express your gratitude for the way their life has impacted yours in this past year. If you need other believers to share your life with, visit us at [cultivate.sc/community](https://cultivate.sc/community) and we'll help you find them!
- Who in your life needs you to show them the love of Christ through your time, care and attention? What is a first step you could take to build into that relationship? If you're not sure where to begin, [start here](#).
- *Dig Deeper* Is there a relationship in your life that needs healing? This could involve beginning an honest conversation, setting healthy boundaries, sharing an apology, offering forgiveness, or even surrendering the relationship as it stands into God's just and able hands. If you need help, [we're here for you](#).

---

We're looking forward to all that God will do in 2023 as we grow spiritually wise in a community of kindness. Cultivate community and stay up to date on all things Sandals Church Women by visiting us at [cultivate.sc](https://cultivate.sc).