

Cultivate Reflection Guide

OLD RULES for a NEW LIFE | Why I Need God's Rules for My Life
Pastor Matt Brown | January 14-15, 2023

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We're on a journey to reimagine the 10 commandments as the rules and rhythms for a new life that God invites us into as we follow His Son, Jesus Christ. These 10 rules were not the way into a new life but a sign that God's people were delivered to live a new life. First came deliverance and freedom, then the rules for living.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to reflect and respond to the weekend message as you cultivate personal spiritual growth, lead your community group discussion or start a conversation with a trusted friend as you grow together. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

God's Rules Help You Put Your Life in Order

Read: [Exodus 3:10-12 ESV](#)

Dig Deeper Opportunity: Read [Psalm 119:45 NLT](#) and [Galatians 5:13 CEB](#)

Reflect: When we live in relationship with God, we not only live freely, but we benefit from the promise that He is with us as we navigate this life. How have God's rules – His commands, laws and words – created order in your life? How has that order added freedom, purpose or even enjoyment to your life?

Respond: With freedom comes responsibility. How are you using what God has placed "in your hands" to serve Him? Consider how you're using your time, talents and resources, as well as your insight, wisdom and experience. If service isn't a practice in your life, how can you begin using what you have to serve God and others?

God's Rules Provide Restraint for Your Desires

Read: [John 10:6-10 MSG](#) and [2 Thessalonians 3:1-2 MSG](#)

Dig Deeper Opportunity: [Psalm 16:1-11 NLT](#)

Reflect: Whether we are trying to rule and reign in our own life or attempting to rule and reign over others, we make a terrible God. How does that truth challenge you to trust God to be God?

Respond: God wants us to live a fulfilling life, but unchecked, our desires [what we want and value] can begin to take priority over God [what He wants and values]. Are there any desires in your life that have begun to crowd out God's #1 position? How do you need to re-order your passions, pastimes and even the people you listen to?

God's Rules Teach You How to Connect

Reflect: We need BOTH the guidance of law and the presence of love to cultivate whole and healthy relationships with God and with others. Law without love = cruelty. Love without rules = chaos.

Respond: Are there any areas of your walk with God in which law [rules, expectations, process: the how] and love [grace, kindness, goodness: the why] have gotten out of balance? Ask God to give you eyes to see where you might be leaning too far to one side or the other.

Be REAL: Consider the above question as it pertains to your relationships with others.

Cultivate Prayer: Father, you're a God of order and design, a Creator of purpose and plans. Thank you for your law that reminds me of what is good, right and true. And thank you for your grace, mercy and kindness that invites me, a sinner, into relationship with you. Help me to remember that you are God, and I am not. I want to cultivate a life that reflects the value of both law and love as I follow you with all my heart, soul, mind and strength. Amen.