

# Cultivate Reflection Guide

OLD RULES for a NEW LIFE | Only God Can Set You Free  
Pastor Matt Brown | January 21-22, 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.

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!*

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## Cultivate Truth

As you reflect on the weekend message, what got your attention or got you thinking? How are you encouraged or challenged to cultivate that truth into your life and live out what you're learning?

## God is the Only One Who Can Set You Free

**Read:** [Exodus 20:2-3 NLT](#)

**Dig Deeper Opportunity:** Read [Proverbs 3:5-7 NLT](#) and [1 John 4:1 MSG](#)

**Reflect:** There are a lot of "sources" [thoughts, ideas, opinions] in the world that will claim to point us toward truth and freedom, but they are all a poor substitute for God's voice. Are there any voices – including your own – that you're following more closely than God?

**Respond:** What would it look like for you to lean less on these other voices and instead seek more of God?

## Without God, You Will Place Yourself in Bondage

**Read:** [Numbers 11:4-6 NLT](#)

**Dig Deeper Opportunity:** [Proverbs 26:11 NLT](#) and [Psalm 1:1-3 CEB](#)

**Be REAL:** Despite deliverance, the Israelites longed for the benefits of Egypt, losing sight of the bondage. The further we get from our sin, the more we forget it's consequences. Is there anywhere in your life you're repeating sin, forgetting the consequences or even justifying your thoughts, habits or choices?

**Respond:** Count the cost. Where might stubbornness be keeping you in bondage and stealing God's best? In contrast, what blessings have you seen in your life when you've confessed your sin and followed God's instruction?

## With God, You Can Unlock Your Potential

**Read:** [Exodus 3:11-12 NLT](#)

**Reflect:** Think about a time you had a "who am I" moment with God. What obstacles stood in your way or led you to worry and wonder if you had what it takes?

**Respond:** We can't go back and change what was, but with God we can change what will be. How do you need God to [or how has God] set you free to walk forward in your potential?

**Live it Out:** How have you or could you honor and serve God in gratitude for what He's done in your life?

*Cultivate Prayer:* Lord, I confess, I forget the consequences of my sin and lose sight of what's at stake. I ask you to strengthen me and set me free from the lies of the enemy and that which continues to have a hold on me. I surrender to you, the one and only God of my life. I want to walk forward in your freedom and your will, wholly trusting you as you write my story so that my life brings honor and glory to your name. Amen.