

# Cultivate Reflection Guide

OLD RULES for a NEW LIFE | Everyone Worships Something  
Pastor Matt Brown | January 28-29, 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 SO THAT you live out what you're learning?

## God is Jealous for You

**Read:** [Exodus 20:4-6 NLT](#)

**Dig Deeper Opportunity:** [Ephesians 3:16-19 NLT](#)

**Reflect:** The 2<sup>nd</sup> commandment is clear – God will not tolerate us giving our affection to “little g” gods. According to the verses in Exodus, what are the consequences of worshipping other gods? In contrast, what is the blessing we receive when we love God and obey His commands?

**Respond:** How does the truth that God is jealous for you demonstrate how much He loves you? How does that same truth challenge the way you're worshipping [loving and obeying] Him?

## What are Idols?

**Read:** [1 John 5:21 NLT](#)

**Dig Deeper Opportunity:** [1 John 5:3 NLT](#) and [Galatians 4:8-9 NLT](#)

**Reflect:** Idols are anything that take God's place and steal our devotion to Him. Look back at the past week and take some inventory. What captured your time and energy? Did your attention and affection wander? Where did you turn to instead of turning to God? How were you distracted, placing other things above God?

**Be REAL with God:** God already knows, but confession invites Him to meet us with grace, power and freedom. Confess the idol that has taken a place above God, even if that was a good, great or necessary thing. Pray back 1 John 5:21, asking God to keep you from anything that might take His place in your heart.

## The Allure of Idols

**Dig Deeper Opportunity:** [2 Chronicles 16:9 NIV](#) and [John 4:23-24 NLT](#)

**Reflect:** We all have desires, feelings, and emotions that draw us away from true worship. Are there any positions, preferences or pleasures you've built into parameters to worship God your own way? These could be conditions, comforts, conveniences, opinions, demands or even excuses.

**Respond:** Exchange your false idol for intimacy with the one true God. What is an act of worship you could cultivate into your life this week so that you draw closer to Jesus and know Him more.

*Cultivate Prayer:* Jesus, I confess that I've put position, preference and pleasure before you, and I'm sorry. You laid down your life for mine, and you alone are worthy of being first in my life. Keep me from anything that might take your place in my heart. Help me to obey your commands and worship you above all else so that your unfailing love blesses my life today and to come. I ask this in your mighty name. Amen.