

# Cultivate Reflection Guide

OLD RULES for a NEW LIFE | Spiritual Rhythms Bless My Everyday Life  
Pastor Matt Brown | February 11-12, 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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## Building or Breaking

**Read:** [Matthew 7:24-27 NLT](#)

**Cultivate Truth:** Like any loving parent, our Father has created rhythms for us, that when obeyed, lead to a solid, stable and blessed life. What rhythms [disciplines, habits, practices, routines] in your life have taken work to build, but are worth the effort? These could be spiritual, physical or practical.

**Be REAL:** In contrast, is there anything you're consistently doing that is causing a loss of time, energy, money or health? These could feel harder to break, but also be costing you so much more than they're worth.

## Sabbath Teaches Us to Rest

**Read:** [Exodus 20:8-11 ESV](#)

**Dig Deeper Opportunity:** [Matthew 11:28-29 MSG](#) and [Exodus 33:14 NLT](#)

**Reflect:** Our actions are often the real reflection of our values and beliefs. What does the way you currently rest say about the value you place on God's command to remember and keep the Sabbath?

**Respond:** The Sabbath is permission to lay down what we're carrying and focus on God. Create a list of anything you're thinking, believing, worrying about or struggling with that has the potential to steal your rest. One by one, hand those over to Jesus and ask Him to carry the burden. "Jesus, I trust you with \_\_\_\_\_, so that I can rest."

## Sabbath is an Invitation to a Better Life

**Read:** [Mark 2:27 ESV](#)

**Dig Deeper Opportunity:** [James 1:22-25 CEB](#)

**Reflect:** We won't become what we do occasionally. To become who God has created us to be, we must practice living out our faith every single day. Consider the spiritual rhythms of learning, serving, giving and connecting with spiritual family. Which do you practice consistently? How would you encourage someone else to practice that too?

**Live it Out:** In which of those above rhythms do you need to pursue growth? Identify a specific step you will take to cultivate that discipline into your life. This week, I'll \_\_\_\_\_ [go to church, do a bible reading plan, choose worship music, ask how I can serve, give an offering, get in a group].

**Download the Sandals Church app for access to learn, give and grow. Visit [cultivate.sc/community](https://cultivate.sc/community) to connect with other Sandals Church women by joining or starting a group.**

*Cultivate Prayer:* Lord, I confess I've undervalued the sabbath. I've forgotten that rest is not just a command, but an invitation into your presence. I want to remember that you've created this sacred space of peace and rest for my good. Help me to set healthy rhythms so that I can be a faithful, consistent learner and giver, a servant and contributing member of the family of God. Thank you for never giving up on me, and for giving so much so that I can become who you've called me to be. Amen.