

Cultivate Reflection Guide

OLD RULES for a NEW LIFE | Life is Precious
Pastor Matt Brown | February 25-26, 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!*

Cultivate Truth As you reflect on the weekend message, what is one thing you learned? How can you cultivate that truth into your life SO THAT you begin to live out what you're learning with self, God or others?

You are Precious to God

Read: [Psalm 139:13-17 NLT](#)

Dig Deeper Opportunity: [Psalm 139](#), [1 John 3:1 NLT](#)

Reflect: In Psalm 139, David declares how deeply God knows him and then, David trusts God enough to ask Him to point out anything he's believing that contradicts what God sees in him. Is there anything you're believing about yourself that does not align with the truth that you are precious to God?

Be REAL with God: Self-doubt, self-criticism and shame will hinder and stifle healthy growth. Tell God what you want to stop believing SO THAT you can keep growing. Ask Him to help you see in yourself what He sees in you.

Don't Waste Your Life

Read: [Ephesians 5:15-17 NLT](#)

Dig Deeper Opportunity: [1 John 2:16-17 CEB](#), [Psalm 90:12 CEB](#), [Psalm 16:5 NLT](#)

Reflect: It's been said, "time is what we want most, but what we use worst." As you evaluate the past week, is there anywhere you wish you could buy back some time?

Live it Out: What boundaries can you set for yourself – or maybe others – so that you more wisely spend your time? Set that boundary for yourself, then ask God to help you guard it.

Don't Destroy Someone's Life

Read: [James 4:17 NLT](#), [Psalm 19:12-14 NLT](#)

Dig Deeper Opportunity: [Proverbs 15:28 NLT](#), [Proverbs 18:21 NLT](#)

Be REAL: Take inventory of the way you "speak" – talk, text, post, comment. Are you careful, wise and kind OR quick, cutting and critical? Do your words honor, defend and advise OR condemn, accuse and assume?

Respond: What is at the heart of why you say, what you say? God expects obedience, not perfection. If your words have gotten away from you, been too few or fallen short, how could you make it right – first with God, then with others?

Cultivate Prayer: Father, I want my thoughts, words and actions to not only value life, but to be life giving; to build others up, not tear them down. Remind me every day that every life is precious to you, including my own. Help me to use my time and energy wisely, to speak carefully and act intentionally so that I steward my life in a manner worthy of a daughter of Christ. Amen.