

# Cultivate Reflection Guide

OLD RULES for a NEW LIFE | Taking God's Name in Vain  
Pastor Alfredo Ramos | February 4-5, 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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## Nothing Can Separate Us

**Read:** [Romans 8:31-39 NLT](#)

**Cultivate Truth:** When Jesus is our Lord, we bear His name on our soul and we can rest securely in the truth that nothing can separate us from His love for us. As you consider the verses in Romans 8, how do you need to cultivate the truth of God's love into your life?

**Respond:** God's unchanging love frees us to be real. Tell God [or your group] what it means to be loved by Him. If you're struggling to believe, express that too.

## Our Lives Represent Who God Is

**Read:** [Exodus 20:7 NIV](#) and [Ephesians 5:1 NLT](#)

**Dig Deeper Opportunity:** [Luke 6:45 CEB](#) and [Matthew 6:9 CEB](#)

**Reflect:** The 3<sup>rd</sup> commandment is more than a warning for what we say. It's a command to carry and honor God's name in the way we live. How have you been impacted either by someone who modeled honoring God's name OR by someone who hasn't handled His name responsibly?

**Be Real:** As someone is getting to know us, they are getting to know God. Where in your life are you at risk of misrepresenting God? Think about both the seen and unseen areas of your life. If you aren't certain, ask a trusted fellow believer how they see you carry God's name.

**Respond:** If you believe you've risked God's name, what would it take to model honor moving forward?

## The Gap Between What We Believe and How We Live

**Read:** [Matthew 23:1-5, 11-12 NLT](#)

**Dig Deeper Opportunity:** [Ephesians 5:15-17 NIV](#)

**Reflect:** A gap between what we say we believe and how we live can put us at risk for hypocrisy. As you consider 1) the expectations you place on other people, 2) the way you represent your life vs. the reality, and 3) the value you place on status over service, do any of these areas tempt you to live an inauthentic life?

**Live it Out:** Given what you've learned about the 3<sup>rd</sup> commandment, how are you challenged to be an example of compassion, authenticity and service? Where in your life could you begin to put this into practice?

**Cultivate Prayer:** Father God, I want my whole life – words, actions and deeds – to represent you. Forgive me for the times I've fallen short. As I move through my life, reveal where I'm at risk of misrepresenting you. Help me to carry your name with honor so that when others get to know me, they get to know you. Rid me of the temptations of hypocrisy. Let your love for me free me to live with compassion, authenticity and a heart to serve. Amen.