

Cultivate Reflection Guide

OLD RULES for a NEW LIFE | How to Enjoy Life with What You Have
Pastor Matt Brown | March 25-26, 2023

[WATCH](#) | [DOWNLOAD](#)

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 we close out our “Old Rules” series, what is one thing you learned that you want to cultivate into your life and carry with you?

Maybe You Can't Handle More

Read: [Exodus 20:17 ESV](#)

Dig Deeper Opportunity: [Hebrews 13:5](#), [1 Timothy 6:6-10](#), [Psalm 37:3-4](#)

Reflect: God's blessings are backed by His wisdom. He knows what we're ready for because He's already been where we're going. Is there anywhere in your life you're wrestling for what's “missing,” rather than being content with your blessings?

Be REAL: Is what would be required to obtain AND maintain what's missing worth the perceived benefits? Count the costs physically, spiritually, emotionally and relationally.

Live it Out: God wants to bless you with what's best for you. Begin by thanking God for what you have, then ask for what else He's willing to give. Ask for peace and contentment in the wait, then trust your good God.

Becoming the Best Version of Yourself

Read: [Galatians 6:4-5 MSG](#)

Dig Deeper Opportunity: [Psalm 139:14](#), [Ephesians 2:10](#), [Proverbs 19:8](#)

Reflect: So often, we get tangled up in lies about who we think we should be, instead of embracing who God has created us to be. Make a list of what you like about you. These could be parts and pieces of you, what you do well, things that make you the person you are, better your life or even bless the world around you.

Respond: Consider your unique list. Is there anything you find yourself comparing to others? Anything you're apologizing for, rather than embracing? Criticizing instead of celebrating? What would it take for you to stand in confidence of both your Creator and you, His creation?

Live it Out: God loves you as you are, but He loves you so much He won't leave you as you are. Ask God to give you a right, healthy perspective on where you need to grow SO THAT you can become the best version of yourself. Identify one or two [realistic, attainable] ways you want to pursue growth?

Live, Laugh and Let Go

Read: [Psalm 118:24](#), [Proverbs 21:31](#)

Respond: Life happens, often in ways we can't predict and aren't prepared for. Pastor Matt challenged us that “we can control the training, but we can't control the day.” How could giving control back to God free you to enjoy the life you've been given? What is your part in being well-trained to tolerate life's ups and downs?

Cultivate Prayer: Jesus, thank you for the reminder that comparison steals my joy. Help me to stop looking at what others have and instead focus on what You've given me. I want to care for and cultivate my blessings so that I become the best version of who You've created me to be. Show me how to invest my time and energy wisely and into the people and things that matters most. Jesus, I want to enjoy today from a posture of gratitude to You. Amen.