

# Cultivate Reflection Guide

OLD RULES for a NEW LIFE | You Shall Not Commit Adultery  
Campus Pastors | March 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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*Heart & Group Check* Begin reflecting on this message by acknowledging that the topic of adultery is received differently by each of us depending on family history, personal experience and even past hurt and trauma. In a group setting, create a safe place to be real, but honor personal preference and privacy. What instructed, encouraged or challenged you about the message?

*Deep Intimacy Requires More than Shallow Faithfulness*

**Read:** [1 Corinthians 6:19-20 NIV](#)

**Dig Deeper Opportunity:** [1 Corinthians 6:12-20 NIV](#), [Deuteronomy 6:6-9 NLT](#), [Matthew 5:27-30 NLT](#)

**Reflect:** The root of infidelity is a lack of commitment to others, but ultimately to God. God instructs us to wholeheartedly commit His commands into our lives, to keep them in front of us and around us, SO THAT we remember to live them every day. What does the way you commit yourself to God's commands say about your faithfulness to Him? Are you seeking deep intimacy or settling for shallow faith?

**Respond:** Adultery culminates in sin with our body, but begins with sin in our heart. Take inventory of what you're watching, thinking, reading, scrolling and doing. Is there anything you've let into your life, past or present, that has compromised your faithfulness to God? What did it or would it take to cut that out?

*Flee from Temptation and Fight for Faith*

**Read:** [Matthew 19:4-6 NLT](#)

**Dig Deeper Opportunity:** [James 4:1-8 NLT](#), [James 1:14-15 NLT](#), [1 Timothy 6:11](#),

**Reflect:** Constructing idealized visions of our relationships, then comparing them to our reality, not only leads to disappoint and disillusion, but the temptation to take matters into our own hands. Consider a close relationship, whether that's your spouse, partner, a family member or friend. Has an idealized vision or even unrealistic expectation ever created conflict or risked that real life relationship?

**Live it Out:** What are you currently grateful for in that relationship? How could you work on growing the relationship into what you imagine or hope for? Write these down and make them a matter of prayer in the weeks and months ahead.

*We are Not Saved by Our Faithfulness*

**Dig Deeper Opportunity:** [John 8:10-11 NLT](#), [Romans 8:1-4 NLT](#), [Psalm 103:8-12 NLT](#)

**Reflect:** When we confess, God forgives – and He not only forgives, but He forgets. How do you need that gift of grace, kindness and compassion from God today? Who in your life needs that gift from you?

*Cultivate Prayer:* Jesus, my faith will never be perfect, so thank you for being a God who perfectly forgives when I fail to follow and obey. Forgive me for the times I've been tempted away from the boundaries you've set to keep me safe. Guard my heart, mind and body from temptation and help me to turn from my sin. I want to commit myself to fidelity and faithfulness with you and others. Amen.