

Cultivate Reflection Guide

EASTER

Pastor Matt Brown | April 8-9, 2023

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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: Easter is a holy day, but the truth is our whole life – the air we breathe, the trials we navigate, the conflict we endure, the joy we celebrate – is a holy expression of the beauty and power of Jesus' journey from the garden to the grave. Make time to reflect on the fact that we are the recipients of a holy gift we can never repay. If you or someone you know made a commitment or recommitment to Jesus, celebrate that!

The Garden

Read: [Luke 22:41-44 ESV](#)

Dig Deeper Opportunity: [Ephesians 6:12 ESV](#), [1 John 5:11-15 NLT](#)

Reflect: Jesus prayed. God heard and said “no,” and still, Jesus obeyed. It's an oversimplified example of the depth of purpose, love and obedience that led Jesus from the garden to the cross. Do you believe that even when God doesn't give you the answer you want that He still hears you, loves you, and has a greater plan?

Live it Out: Too often we forget that we fight an enemy that wants to rob us of the joy and beauty of Jesus. Where in your life do you need to take ground and fight back to reclaim truth, freedom, joy or obedience? Who is someone you will ask to stand with you in prayer, accountability or encouragement?

The Cross

Read: [Matthew 27:32-50 ESV](#)

Dig Deeper Opportunity: [1 Timothy 2:5 ESV](#), [John 15:13 ESV](#), [James 5:16 ESV](#)

Reflect: When we hand them over to Jesus, our sins seemingly disappear. But we receive that blessing because Jesus bore our pain and penalty on the cross. How does that truth impact your perspective about the power of sin?

Respond: Jesus was broken so your relationship with God could be healed. Is there anything you need to confess to God today – heart, mind, body or soul – SO THAT you can stand in confidence that you are whole and healed?

The Grave

Read: [Galatians 2:20 ESV](#), [Hebrews 6:19-20 NLT](#)

Reflect: No one who witnessed the crucifixion expected Jesus to rise. But His story ends in victory. How does that give you hope for victory in your life, relationships or circumstances today?

Respond: Because we have a different hope, we can live a different life. How do you need Jesus's resurrection power and strength to help you live differently? Consider your inner life (thoughts, emotions, ideas), your outer life (words, actions, choices) and your common life (relationships, connections, community).

Cultivate Prayer: Write out or simply pray your own prayer this week. Acknowledge what Jesus has done, praise Him for what He is doing and ask Him for what you need Him yet to do in your life.