



## CORNERSTONE REFLECTION GUIDE

### AUGUST 25, 2024

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**Title:** Cultivate: How to Grow

**Preacher:** Rev. Matt Tuggle

**Scripture:** Galatians 5:22-25

As followers of Christ, we choose a life marked by the Fruit of the Spirit (*love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control*). However, there is an ongoing battle within all of us between the flesh and the Spirit. When we are living by the flesh, we are being controlled by our most basic and selfish desires. We recognize that there are things that need to die in us and things that need to be birthed in us. We also feel the tension between what we can do and what only God can do. A life in the Spirit is not something that we can achieve on our own; it is something that we receive when we believe and trust in God. Through prayer and practice, we can cultivate a life with God where the Holy Spirit yields good things in us and around us.

### DISCUSSION QUESTIONS

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1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. What does [Galatians 5:19-21](#) say about the difference between the Fruit of the Spirit and the acts of the flesh? How would you define “the flesh”? How do you see this manifest in your current season of life?
3. How do you discern whether you are living by the Spirit or living by the flesh?
4. What does it look like to “keep in step with the Spirit” ([Galatians 5:25](#))? What are some practical ways you can keep in step with the Spirit this week?
5. What could be a next step for you to open yourself up to nudges of the Spirit?

## WEEKLY PRACTICE

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Last week, we took some time to reflect on the Fruit of the Spirit in our lives—the fruit we’ve grown in over time and the ones we want the Spirit to continue to grow in us. Now, let’s bring God into the conversation by spending some time in listening prayer.

Set a timer for five to ten minutes of quiet, and settle into a comfortable spot. Begin by talking to God about your dreams for your growth throughout this year, and then ask God, “What fruit do you want to grow in me this year? And how can I participate with you in that process?” Spend the rest of the time in silence, curious about what God might say in response. As distractions arise, acknowledge them and then let them pass.

It’s unlikely that you will hear an audible voice, but how do you sense God nudging you?