



## CORNERSTONE REFLECTION GUIDE

### MAY 18, 2025

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**Title:** Cultivate: Keep Cultivating

**Preacher:** Rev. Matt Tuggle

**Scripture:** Galatians 5:22-25; John 20:15-18

All year, we've explored what it looks like to cultivate a life with God, where the Holy Spirit grows good things in us and around us. You know the yield: *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control*.

Who doesn't need more of these blessings in their lives? While we recognize that only God can grow us in these areas, it does require our participation. As we seek to keep in step with the Spirit, we must tend to our soul by spending time in the garden, cultivating lives that yield the fruit of the Spirit.

### 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. Read Galatians 5:22-25. What does it look like in daily life to "live by the Spirit" and "keep in step with the Spirit"? How can we practically "crucify the flesh" and its desires in a world full of distractions and temptations?
3. Is there a particular fruit (or two) that the Spirit might be cultivating in you this season? Is there a fruit you'd particularly like to grow in? What are some practical examples of this in your life (at home, work, etc.)?
4. We are constantly being pulled in different directions by things that compete for our time and attention, which can affect our relationship with God and inhibit

our spiritual growth. What are some examples in your life? How can you slow down and be more mindful in order to keep in step with the Spirit?

## WEEKLY PRACTICE

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As we conclude our Cultivate series, take some time to reflect with a journal or piece of paper on the nine fruits Paul lists in [Galatians 5](#). In an honest self-evaluation, where do you feel like you stand with each of them? Consider how these fruits have developed in your life over the past year and rate yourself on a scale of 0-10 for each of them. This is only for your eyes. There's no need for guilt or shame.

- Are there areas where you've seen significant growth?
- What changes have you noticed in your life as a result?
- Which are the most challenging for you?
- How will you continue tending to your soul and keep in step with the Spirit?