

Spring 2023
Discipleship Series: Women
WEEKLY INSTAGRAM SOCIAL SERIES

Hi friends,

As we launch our mens/womens spring series on living and growing as a disciple through the practice of spiritual disciplines, we'd love to put some real life stories, encouragement and application behind it for a weekly instagram series for women. Even more, we'd love for you to join us!

Here's what that would look like:

- pick a week/topic of the series that resonates with you and watch the video
- to watch the video, visit the [Foundations Course here](#).
- record a **2-2.5 minute max video** on your phone (vertical, reel style) in an approachable, well-lit environment with limited noise disruptions (living room, kitchen, patio, over coffee, in the car) speaking to what you learned or how you're inspired, challenged, encouraged.
- your response might include things like:
 - I do this myself and here's why OR what that looks like OR what it does for me...
 - I've never done this before, but I'm going to try by doing...
 - This point/thought/idea really encouraged me...
 - I've discovered this about myself and maybe it will help you too...
 - I remember when I first learned about this and it felt...

Keep in mind:

- they've already watched a full teaching and discussed it, so don't re-teach.
- do a few takes so that you feel good about the end product, but this doesn't have to be polished and perfect, rather meaningful and honest.
- be you, be real, be kind - you're amazing and your voice matters!

Please be sure to include the following in your video.

- your name, your title and a warm greeting (Hi, Hey, Hi friends...)
 - you don't have to address Cultivate Women or Sandals Church women because there may be a greater audience.
- this week I watched <teacher> talk about <topic> in the Foundations series... or a note that ties back to the teaching. We'll include specifics in the caption, so you don't have to expand.
- close your video with a hope (I hope this helps you...), an encouragement (try this and see) OR a note of camaraderie (I'm doing this with you and I'm excited to see how we...)

Below is the date we need each video + a lesson summary of each week's topic/teaching and some highlights we'll be sharing at the start of the week on social media. Your video would come at the end of the week as a wrap up.

Drop your name into the week you'd like to speak into, then feel free to text your video to me at (951) 203-7422 when it's done. If you need support of any kind, holler and we'll make that happen. Thank you in advance for sharing your heart with our women!

FOUNDATIONS COURSE CONTENT

Week 2 Due: Wed, 4/5

Do I have a spiritual gift?

Instagram guest: Danielle Nicholson

- **Speaker:** Vivi Diaz, Youth and Young Adults Manager
- **Quote:** “Each of us has a gift because God has a mission.”
- **Scripture:** “...There are different kinds of spiritual gifts, but the same Spirit is the source of them all. There are different kinds of service, but we serve the same Lord.” *1 Corinthians 12:1-11 NLT*
- **Lesson Summary:** You have a gift because God has a mission and He is inviting you to be a part of it. In your discovery of your spiritual gifting, Vivi challenges you to answer three important questions: Does it align with God’s Word? Has it been affirmed by God’s people? Does your gift aim to edify God’s church? This first lesson will help you answer these questions and more.
- **NOTE:** you could close with an invite to Easter at Sandals Church

Week 3 Due Wed, 4/12

Who did God create me to be?

Instagram guest: Jehzale Crockett

- **Speaker:** Tammy Brown, Founder, Sandals Church
- **Pull quote:** “If we are created in *His* image, then there must be something remarkable about us.”
- **Scripture:** “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.” *Hebrews 12:1 NLT*
- **CTA:** Think about the ways you reflect who God is. Where do you see these attributes most evident in your life? Find opportunities to celebrate attributes of God that you notice in others by sharing with them this week!
- **Lesson Summary:** You matter. God created each of us uniquely but our sinful world will often twist the goodness of God in us. In order for us to truly live out our full potential, we have to discover who we are by identifying our strengths and our sinful tendencies. In this lesson, Tammy talks about our inner beauty and brokenness and how they work together to help us better understand who God has truly created us to be. Tammy points to the enneagram as a tool but the focus is how we reflect God’s beauty and the sin He saves us from.

Week 4 Due Thurs, 4/20 5pm

How should I read the bible?

Instagram guest: Kelli Jenkins

- **Speaker:** Claude Hickman, Pastor
- **Pull quote:** “God wrote a book and he wants to speak to you through his Word.”
- **Scripture:** “Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.” *Joshua 1:8-9 NLT*

- **CTA:** Share or teach someone what you read during your study time this week. Reflect on how what you read might change the way you live this week and how it deepens your love and understanding of who God is and who he says you are.
- **Lesson Summary:** Beginning the habit of reading the Bible can sometimes feel overwhelming or intimidating. Claude walks us through a simple process on how to break down scripture so that you can build the habit of not just reading scripture but actually memorizing it and gaining a deeper understanding of God along the way.

Week 5 Due Thurs, 4/27 5pm

Why should I worship?

Instagram guest: Kendra Anderson

- **Speaker:** Melody Workman, Executive Creative Director
- **Pull quote:** “When our expression of worship is stale, it’s usually because our experience of God is stale.”
- **Scripture:** “...He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.”
Zephaniah 3:17 NLT
- **CTA:** Practice stillness, gratitude and meditation. Choose a scripture to read, listen to a worship song and/or include something creative in your time of worship as you explore more of who God is!
- **Lesson Summary:** You might be surprised to learn that worship is more than just singing—worship is our response to what we value most. When we gather together and choose to worship through singing, we become vulnerable; when we are vulnerable we are the most real with God. In this lesson, Melody defines what worship is and why we worship.

Week 6 Due Thurs, 5/4 5pm

Is ‘fasting’ still relevant?

Instagram guest: Nancy Salley

- **Speaker:** Fredo Ramos, Pastor
- **Pull quote:** “As long as we live our lives primarily guided by pleasure, we will never live the life that God intends for us to live.”
- **Scripture:** “Then Jesus explained: “My nourishment comes from doing the will of God, who sent me, and from finishing his work.” *John 4:34 NLT*
- **Video CTA:** Healing may be a next step before practicing fasting. Otherwise, choose a day to fast and prepare for that day in prayer.
- **Lesson Summary:** We live in a culture where we believe appetite and hunger are the same thing. In this lesson, Fredo challenges us to recenter our appetite for food or other kinds of materialism that might hinder our formation towards Jesus by defining what fasting actually means.

Week 7 Due Thurs, 5/11 5pm

How can I hear God’s voice?

Instagram guest: Kelli Ayotte

- **Speaker:** Dan Crowley, Spiritual Formation Pastor
- **Pull quote:** “God’s voice inspires us, directs us and helps us to follow him in obedience.”

- **Scripture:** “But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted!” *John 15:7-8 NIV*
- **Video CTA:** Identify opportunities to sit in silence, free from distractions. Start by closing your eyes and exhaling and then invite God into that time and ask him what he wants to reveal to you.
- **Lesson Summary:** In a busy and noisy world, with competing voices and conflicting messages, solitude and silence allows us to clearly hear the voice and intimately experience the presence of God; the One who knows us perfectly and loves us fully. In this lesson, Dan explains how to find solitude and silence in the midst of our busy lives.

Week 8 Due Thurs, 5/18 5pm

How do I pray?

Instagram guest: Morgan Teruel

- **Speaker:** Erik Salley, Executive Director of Mission
- **Pull quote:** “Prayer is essential and is a precondition of a thriving church and relationship with Jesus.”
- **Scripture:** “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.” *Philippians 4:6 NLT*
- **Video CTA:** Memorize the Lord’s prayer this week and ask God to make your life right as you respond to his invitation to restore his creation.
- **Lesson Summary:** Prayer is about asking God to align our head and heart with His will and accepting his invitation to partner with him. When we pray, we are pouring out our hearts to God in humble gratitude in order to experience the abundant life that God promises. . In this lesson, Erik outlines what Jesus has to say about prayer as shown in Matthew 6:9.

Love God Series Details

We learn to love God by connecting with him through various disciplines. These disciplines or practices can reveal to us our struggles, beauty, sins, areas of isolation and areas of victory which help us to navigate the journey of discipleship. Spend time this week identifying these areas in your life and ask for help and healing in the areas that might need this. Thank God for his grace in the areas that are going well and then ask God to help you partner with him as you work with him

Practicing spiritual disciplines can help us draw closer to God, deepen our understanding of His love for us, and help us love Him in return. These disciplines can include things like prayer, meditation, fasting, and studying scripture.

Through prayer, we can open our hearts to God and share our joys, sorrows, and hopes with Him. By meditating on His word, we can gain new insights into His character and will for our lives. Fasting can help us focus our minds and bodies on God, allowing us to better discern His voice and will. And by studying scripture, we can learn more about God's nature and the ways He has worked and continues to work in and through our lives.

As we engage in these spiritual disciplines, we develop a deeper love for God and a greater desire to know Him. We begin to see the world through His eyes and to understand His heart for His creation.

Through this process, we are transformed, and we become more like Christ, with hearts that overflow with love, compassion, and grace.

Ultimately, the practice of spiritual disciplines helps us to cultivate a deeper, more meaningful relationship with God. As we draw near to Him, He draws near to us, and we come to know Him in ways we never thought possible. In this way, the spiritual disciplines can be a powerful tool for growing in our love for God and deepening our knowledge of Him.