

# LEADER GUIDE

[www.LaraCasey.com/Cultivate](http://www.LaraCasey.com/Cultivate)



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#CULTIVATEWHATMATTERS

Fellow Cultivator,

I am so grateful for your commitment to helping others cultivate an intentional life! Thank you for choosing this special book, and for leading others in growing what matters. This Cultivate Leader Guide will give you a simple framework for your Cultivate gatherings and discussions.

The Cultivate Together Guide can be done with a small group or a larger group, and you can choose how often you'd like to gather together. You can discuss one chapter per week for ten weeks, or perhaps do one chapter per month—whatever works best for your group!

I hope this experience encourages you as you encourage others!



Whoever brings blessing will be enriched, and  
one who waters will himself be watered.

PROVERBS 11:25 ESV



**WATCH THE INTRODUCTION FROM LARA**



# HOW TO PREPARE WELL

To cultivate life-transforming conversations within your group, here are a few suggestions to think through ahead of time.

## PRAY

With the demands of our daily lives and preparing to lead the study, it can be easy to overlook the power of prayer.

Before your group arrives, take a break and ask for God's help.

## PREPARE THE SPACE

Preparing the space in which you and your group will meet is a great way to help facilitate conversation. No need for perfect space, but you want to be prepared.

Make sure you have enough seats, consider meeting people at the door, reach out to others to help provide refreshments or to help you organize. Don't feel like you have to do this alone. People love to feel included by helping, so consider delegating different tasks ahead of time.

## ENCOURAGE PARTICIPATION

Cultivate participation by reminding the individual members of your group that you're excited for them to be there working through these questions together.

Fight the temptation to work through every question. It's okay if your group parks on one question to discuss. Listen carefully. Speak slowly. And trust that God is at work in your lives and conversation.

# CULTIVATING DISCUSSION

Here are the main points from each chapter to help you frame your discussions. You'll find all the discussion questions in the Cultivate Together Guide in the pages of the book. Below, you'll also find seeds of prayer. These simple prayers are great to use at the closing of your time together.

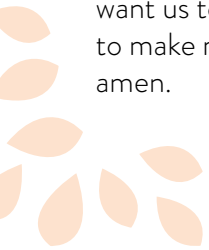
# CHAPTER 1

**LIE:** I have to do it all.

**TRUTH:** I can't do it all and do it well.

**CULTIVATORS PAY ATTENTION TO WHAT MATTERS.**

**A SEED OF PRAYER:** God, help us to know when You want us to say no and what we need to let go of in order to make room for Your good fruit to grow in our lives, amen.



# CHAPTER 2

**LIE:** I have to be perfect.

**TRUTH:** It's in the imperfect that things grow.

**CULTIVATORS DIG INTO THE SEASON THEY'RE IN.**

**A SEED OF PRAYER:** Lord, help us to give You our feelings and let You turn them into faith, amen.

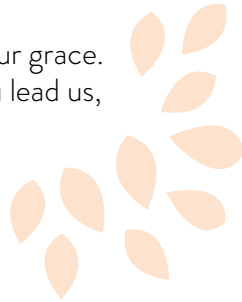
## CHAPTER 3

**LIE:** My life needs to look like everyone else's.

**TRUTH:** I have a life to grow that is as unique as I am.

**CULTIVATORS THINK BIG PICTURE TO UNCOVER THEIR UNIQUE PATH.**

**A SEED OF PRAYER:** God, thank You for Your grace. Help us hear Your voice and follow where You lead us, one step at a time, amen.



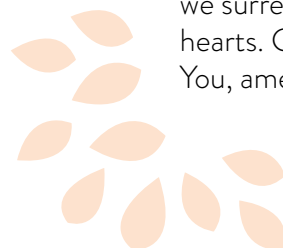
## CHAPTER 4

**LIE:** It's impossible to start fresh or move forward.

**TRUTH:** I can move forward by digging in and breaking up the lies.

**CULTIVATORS NOURISH THEIR SOIL WITH TRUTH AND LET GOD REDEEM THEIR DIRT.**

**A SEED OF PRAYER:** God, help us identify and get rid of any jagged rocks, thorns, or old roots in our lives as we surrender to Your nourishing transformation of our hearts. God, show us the way to cultivate new life with You, amen.





## CHAPTER 5

**LIE:** I have to know all the details of the path ahead.

**TRUTH:** Forethought is important, but faith is essential.

**CULTIVATORS HAVE FAITH, BELIEVING IN WHAT THEY CAN'T YET SEE.**

**A SEED OF PRAYER:** Lord, may we keep choosing truth over lies and surrender over trying to be in control. And when we don't, may we remember that Your grace is real. Help us to trust You, and to remember that You are faithful, step by step! Amen.

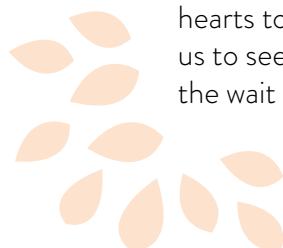
## CHAPTER 6

**LIE:** Waiting is not good or productive.

**TRUTH:** Waiting is a time of ripening.

**CULTIVATORS RIPEN IN THE WAIT.**

**A SEED OF PRAYER:** God, we praise You for the times of waiting in our lives, knowing You are growing our hearts to be more like Yours. When waiting is hard, help us to see that You are ripening us. Help us to trust that the wait is a gift and we will be better for it, amen.






## CHAPTER 7

**LIE:** Small steps don't make a difference.

**TRUTH:** Little-by-little progress adds up.

**CULTIVATORS TEND TO WHAT MATTERS,  
EMBRACING LITTLE-BY-LITTLE PROGRESS.**

**A SEED OF PRAYER:** Lord, thank you for the power of little-by-little progress, and that you are the God who makes good things grow. Help us to remember your grace and power as we take small steps forward, amen.



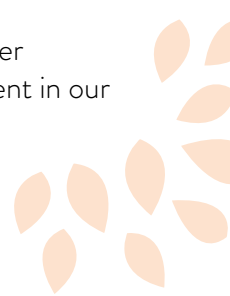
## CHAPTER 8

**LIE:** I will be content when I have it all.

**TRUTH:** I will be content when I live grateful.

**CULTIVATORS INTENTIONALLY SAVOR THE FRUIT.**

**A SEED OF PRAYER:** God, help us to “get after grateful” and learn how to cultivate contentment in our lives, amen.



## CHAPTER 9

**LIE:** I can do life by myself.

**TRUTH:** I need meaningful relationships.

**CULTIVATORS EMBRACE AWKWARD AND GROW IN COMMUNITY.**

**A SEED OF PRAYER:** God, help us find ways to cultivate community and step out in faith to take the first steps to making friends, amen.



## CHAPTER 10

**LIE:** The past isn't valuable; it's all about the future.

**TRUTH:** Remembering God's faithfulness helps us cultivate a meaningful legacy.

**CULTIVATORS PRESERVE WHAT MATTERS FOR FUTURE SEASONS, AND FUTURE GENERATIONS.**

**A SEED OF PRAYER:** God, help us intentionally remember the many ways You have helped us and mark Your faithfulness with meaningful Ebenezers. May these special remembrances help cultivate our faith as we continue to trust in Your power and faithfulness, amen.

*And here is my prayer for you, dear friend:*

Lord, please bless the hands and heart that is reading this guide. Bless the group that will gather together, and give each person Your wisdom as they cultivate what matters in their lives and in others. Lord, I ask you for a shower of refreshment on the friends who will read the pages of Cultivate as they dig deeper into your life-giving power and essential grace. May the discussion and prayers offered up to you please and honor you. In Jesus' name. Amen.

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