



# GROUPS AT CROSS POINT

## BREAKING THE ICE

What is the ideal way to spend your weekend? Are you someone who likes to binge on TV shows on the couch or do you stay busy with a variety of plans?

What is your favorite memory from summer as a child?



## MAIN CONTENT

We continued week two of our “Lazy River” series this week with Pastor Drew Powell discussing the struggle with internal restlessness. Drew shared with us his personal struggle with being content and his battle with depression.

Drew shared his struggle of how he can be in the middle of a good experience but still sad because he’s focusing on how it will be over soon.

1. Are you able to live in the moment or do you struggle with “the end?”

Pastor Drew shared Elisha’s story in 1 Kings 19. Ahab told Jezebel about Elisha killing all of her prophets and she sends a message saying she will have her revenge. Elisha tells God that he thinks he should die and he falls asleep. But an angel wakes him up.

2. How do you deal with the struggles in your life? Do you handle them immediately or do you try to escape them?





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Read 1 Kings 19:1-18.

God met three needs that Elisha had: physical, mental, and spiritual.

Before you can receive more, you need to have your physical needs met. God told Elisha to deal with rest and hunger.

1 Kings 19:5-8

3. What are some specific physical needs you have right now?

After Elisha's physical needs were met, God listened to Elisha. Elisha was struggling and cried out to God.

1 Kings 19:10

God didn't try to fix Elisha in that moment; He didn't give him feedback or advice. Instead, He listened to Elisha's cry.

4. Do you have someone in your life that is a safe place, that listens to you more than they respond?  
Share with the group what they have done and how much they have helped you.

Once Elisha's physical and psychological needs were met, God moved onto his spirit. God sent Elisha to a cave to be alone with Him.

1 Kings 19:11





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Elisha went to the cave to get into God's presence. A lot of scholars believe that it was the same place that Moses went.

5. How do you get into God's presence? What are some practical ways you can get away to get alone with God?

When we get into the presence of God, things become clear again. God gave Elisha perspective. He told Elisha that he wasn't meant to carry this burden alone. In 1 Kings 19:18, God tells Elisha that there are 7,000 people that don't worship Baal, reminding Elisha that he is not alone.

It's important to surround yourself with people who can help you.

6. What has this group meant to you? What are some of the most important moments you've had from sharing with your group?

At the end of the message, Pastor Drew shares an interview with Miles Adcox, Owner and CEO of Onsite, an internationally-known emotional wellness lifestyle brand that delivers life-changing personal growth.

Miles shared a quote from Bob Goff, "Let's not hold people accountable, let's hold them close" and explained how important it is that before you can move deeper with people, their basic needs need to be met first.

He shared the acronym HALT: Hungry, Angry, Lonely, Tired. Once you've met a person's basic needs, you can get deeper into what is going on in their life.

If you or someone you know is struggling, you may feel alone, but in reality, there are other people who can relate. It takes a risk to look for those people who can help.





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7. Whether you have been the one reaching out to someone hurting, or you've been the one hurting looking for help - have you ever taken a risk in reaching out to someone? Explain what happened.

We need to make the church a safer place for those struggling with mental health issues. If you are struggling, or if you know someone who is struggling, there are resources available: visit [crosspoint.tv/help](http://crosspoint.tv/help) or call the Suicide Hotline number, 800-273-8255.





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## PRAYER

Dear Heavenly Father, thank You that You never change, even when everything around me is changing and unpredictable. Thank You that You are stable, even when I feel so very unstable. Help me to see if there is something physical that is causing my depression. Help me to sift through my circumstances to see if there is a need for change in some way. If I am experiencing depression as a result of a spiritual battle, please bring that to light and show me the best way to fight that battle. In Jesus name, Amen.

## ACTION STEP

This week, write down the physical needs that you have. Then, take some Sabbath time to get alone with God and talk with Him about how these can be met. Be prepared to share that experience with the group next week.

