



# GROUPS AT CROSS POINT

## BREAKING THE ICE

It's fall, which means it's college football season. Do you have a favorite college football team?

The thing in my wallet/purse that tells me about who I really am is \_\_\_\_\_ because \_\_\_\_\_.



## MAIN CONTENT

This week we started a new series called “Over It - From Fed Up to Freedom.” Over the next few weeks, we will talk about how, through Jesus, we can move past our issues like anxiety, cynicism, comparison, shame and insecurity.

Being fed up and “over it” can also mean exasperation. But just because we are over something doesn't mean it goes away. When we are over something that should mean we are desperate for God to help us with it.

1. What are a few things you are over right now?
2. When you are over something, what do you do to move past it?

God knows before we are over anything. He sees our stress, our worry and doubts and wants us to bring them to Him.

Read Psalm 34:18





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God draws near to us and hears our cry. He loves us perfectly and will bring us the peace we need in the midst of our trials.

Pastor Kevin said, “God doesn’t make a way over it, but a way through it.”

3. Explain a time where God walked you through a problem.

God walks us through our problems, but we don’t get to choose how long our problems will last. However, we do get to choose what we think about while walking through our problems. We can choose to think about God’s goodness and grace or we can choose to dwell on our struggles.

There are two foundational truths that God has for us while we are going through our “over it” things.

The first truth is “Your It is not Your Identity.” What you are going through does not define you. Don’t be so focused on your problem that you forget who you are.

4. Have you let your problem become your identity in the past? How did you let it define you?

Read Philippians 1:1-2

Once we accept Christ, we are considered His holy people. His holiness and righteousness is our identity. Our primary identity should be in who Christ says we are, not in the struggles that we have.

Read Romans 3:22 and 2 Corinthians 5:21





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5. How do you let your love and righteousness in Christ define you?

When we accept Christ, we accept the grace He gives us. Once we can accept His grace, we can accept His peace. You can't experience His peace without His grace.

The second foundational truth God has for us is, "your life is God's project, not yours".

Read Philippians 1:3-6

Jesus started the work in you when you chose to follow Him. He will continue working in you as you follow Him.

6. When did you see God complete and finish a work in your life? Explain what happened.

When we have a project in our life that we don't know how to handle, we get to choose if we want to run towards God to help us with it or run away from God.

7. Do you tend to run towards God in the midst of a problem?

Whatever you need, run to Jesus. Fix your eyes on Him, persevere and keep moving forward. Remember to keep taking steps: Right Foot, Left Foot, Breathe.





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## PRAYER

Jesus, thank You for the grace You freely give us. For the peace that comes only from You. When we are struggling to get through our problems, remind us to depend on You, to look to You to guide us through, and for the peace and joy to know You have it under control so we don't have to. Help us fix our eyes on You and to keep moving as You guide us. In Jesus' name, Amen.

## ACTION STEP

If you have been struggling with something and are over it, talk to God about it this week. Give it to Him. Tell someone else in your group what you are struggling with and ask them to pray for you and with you as you continue to give the situation to God. Remember: Right Foot, Left Foot, Breathe.

