

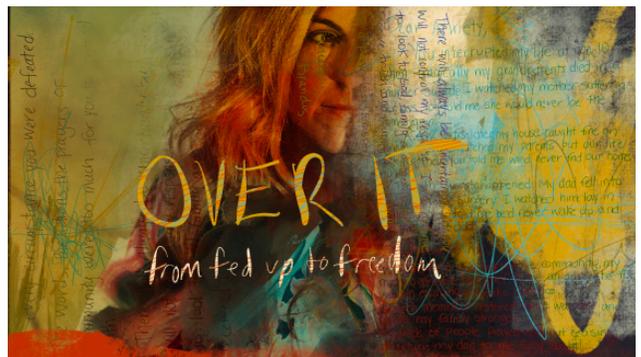


# GROUPS AT CROSS POINT

## BREAKING THE ICE

When is the last time you went on a road trip? Where did you go? Give your group a synopsis of the trip.

Would you rather fly or drive to your vacation? Explain.



## MAIN CONTENT

Last week we started a series called, “Over It.” Pastor Kevin gave us a few tips on how to manage the things we are overwhelmed with and give them to God. “Our ‘it’ is not our identity” and “Your life is God’s project, not yours” were the basis of us knowing God has our overwhelmed status under control. He wants us to give our “it” to Him.

1. Did you decide to give your “it” to God? What is the one thing you decided to give to Him this last week? Did you pray and ask Him to help you with it? What happened?
2. Did you tell a group member about what you were praying for? How did you support one another either in prayer or communication with one another this last week to help each another get “over it?”

When we say we are “over it,” what we’re saying is, “God, I can’t do this on my own, I need your help.”

This week, Pastor Kevin talked about being over worry. God knows we worry. God wants us to cast our worries and anxieties on Him. He knows our tendency to worry and have anxiety therefore, He gave us 30 scriptures about worry in the Bible to let us know that He has it, there’s no need to worry.





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## MAIN CONTENT

As humans we want to fix it; fix whatever worries or anxiety we have in our lives. But God wants to bring us through it with His peace, strength, grace and power.

Pastor Kevin walked us through the worry continuum this week. The continuum starts with fear (being afraid of something), moves to worry (about something in the future), to anxiety (perpetual worry).

3. Where do you lie on the worry continuum (fear, worry, anxiety)? What do you struggle with most on the worry continuum?

Worry is something we all struggle with. It's something that is so prevalent that the most highlighted scripture in the Bible is Philippians 4:4-7.

Read Philippians 4:4-7

Pastor Kevin gave us a few ways to work through our worry. The first way we work through worry is through **Worship**.

- + When we worship, worry can not exist.
- + When we worship, we focus our thoughts on God and He quiets our heart.
- + When we worship, we draw near to God and He draws near to us.

Worship is a choice we make to focus on something more than ourselves.

4. Is there a worship song that speaks to your heart and has brought you peace at a worrisome time in your life? Explain how God uses that song to bring you peace.

Another way we work through worry is through **gentleness**. Gentleness is a calm presence through the





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midst of trouble. When we are a non-anxious presence, it helps bring peace to those around us. Gentleness is a product of the spirit of God in our lives and a gift you can bring to others. You can read about the gifts God gives us to help others in Galatians 5:22-23.

5. Discuss a time someone displayed gentleness (a non-anxious presence) in your life bringing peace to a situation. Is there someone in your life that continues to display gentleness? If so, explain how others benefit from their gentleness.

Another way to work through worry is with **Prayer**.

Read Philippians 4:6

Prayer is a conversation with God. He cares about every detail in our life. God wants us to be anxious about nothing, offer everything to Him in prayer and anything we're thankful for, tell Him. When we do these three things, worry subsides. As we practice gratefulness and bring everything to Him, He fills us with gentleness and peace to keep going through our struggles.

6. Explain a time in your life where prayers brought you peace and you saw God move in your struggle.

The last way we work through worry is to think great thoughts. In Philippians 4:8-9, Paul gives us things to think on to help when worry comes upon us.

In order to think great thoughts, we have to put great thoughts in our life. We are all disciplined by something and we have a choice what we put in our minds. One way to dwell on great thoughts is to meditate on scripture. Meditation is positive worry.

Read Isaiah 26:3

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## MAIN CONTENT

7. What scriptures have you used in your life to meditate on? Give an example of how meditating on scriptures positively influenced your life.

## PRAYER

God, thank you for making a way through our problems, worry and anxiety. Where we need to feel your peace, please give it. Where we need your grace, please show it. Send your Holy Spirit to give us comfort and guide us through our worry and anxiety. Show us the relationships in our lives we need to help support us through it. Help us battle through our worry this week with worship, gentleness, prayer and thinking great thoughts. In Jesus name, Amen.

## ACTION STEP

This week practice working through your worry through either worship, gentleness, prayer or thinking great thoughts. Come back next week and share with your group how you combatted your worry and how God moved through it. Ask a group member to pray with you and for you this week as you work through your worry.





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## ACTION STEP

### **Resources:**

If you are struggling with anxiety and need professional help, we encourage you to go to [crosspoint.tv/help](https://crosspoint.tv/help) to find a link to professional counselors Cross Point partners with.

### **Worship:**

Try listening to the worship music to battle through your worry, you can start with the Cross Point EP. You can find it on several music platforms, start at [crosspoint.tv/music](https://crosspoint.tv/music). Or search “worship music” on the music streaming platform of your choice.

Meditation on Scripture: Below are some verses to help battle worry and trust in God.

Isaiah 35:4

Isaiah 40:31

Isaiah 41:10

John 14:1

Joshua 1:9

Matthew 6:25-34

Psalms 34:4

Psalms 94:19

Philippians 4:6-7

Matthew 11:28-30

John 14:27

### **Anxiety Book Resources:**

“Overcoming Emotional Strongholds” by Tony Evans

“The Anxious Christian” by Rhett Smith

<https://finds.life.church/be-anxious-for-nothing-a-guide-to-finding-peace/>