



# GROUPS AT CROSS POINT

## BREAKING THE ICE

What is one thing that you feel like you can't live without right now and why?

If you could only have one app on your phone, which app would you choose and why?



## MAIN CONTENT

Last week, Pastor Kevin talked about working our way through worry. He gave us a worry continuum to put a perspective on where our fear can turn into worry and then anxiety.

1. In the last week, did you have worry start to creep into your life? Did you utilize the tools of worship, gentleness, meditating on scripture and/or prayer to work through it? Explain what happened.
2. How did you, as a group, support one another in the last week working through your worry?

This week in our “Over It” series, Pastor Kevin talked about how to get over comparison and evicting envy. No one confesses envy, jealousy and comparison. In fact, it's much easier for us to see jealousy in someone else than ourselves.

3. Envy consumes us from the inside out and takes away our joy, gratitude and contentment from the life and gifts God has given us. It can be difficult for us to see where we have envy in our hearts so it's important for us to ask God to reveal it to us.





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## MAIN CONTENT

When is the last time you asked God to reveal things in your heart that you can't see? If you have asked God to do that, what happened from that prayer and conversation?

Pastor Kevin gave us three ways to evict envy in our lives: 1. Resist Comparison, 2. Celebrate Others and 3. Express Gratitude.

Comparison has two places it can live in our lives. When people have less, it causes us to be prideful in comparison. When people have more, it causes us to have envy. Comparison can lead to anxiety and depression, always looking for something to fill you up. God wants to fill you up with His love so that comparison can't take root in your life.

4. With comparison, where do you tend to struggle more: pride or envy? How can you let God's thoughts and love towards you help you rid comparison from your life?

The second way we evict envy in our lives is by celebrating others. Many times we don't feel like celebrating someone that we feel is more successful or who has more than we do. Our jealousy to have more in our lives keeps us from celebrating what we do have. God wants us to celebrate others in our lives even when we don't feel like it.

5. How do you celebrate others in your life? Do you celebrate others in your life when you don't feel like it? How could your heart be different if you celebrate others when you don't feel like it?

When we pray for those who we are jealous of, it creates space in our hearts to not envy them or be jealous of them anymore.

Read Philippians 2:3-4





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## MAIN CONTENT

Pastor Kevin said, “Envy gives us 20/20 vision to see goodness in others lives but blocks what us going on in our lives.”

6. Who do you need to celebrate and pray for in your life to evict the envy and jealousy from your heart?

The last way we evict envy from our lives is by expressing gratitude.

Read Philippians 4:6.

When we pray to God and are thankful to Him, envy cannot exist. Our gratitude brings us closer to God, not further away. When we can be thankful for the things God has done for us and done in our lives, envy disappears.

7. How do you express gratitude and thankfulness in your life?

8. Where do you need to express gratitude and thankfulness in your life?

In Philippians 4:11-13, we see where our contentment comes from Christ. When we allow ourselves to be fully in Him, He fulfills us. We don't look at what the world offers to give us the peace that only God can give.

9. How can you practice contentment in God this week?





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## PRAYER

God, thank you for giving us the peace and fulfillment we need, that only you can offer and no one or nothing else can give. Will you show us where we have envy of others in our lives and where we need to pray for that person or congratulate them on their accomplishments? Will you reawaken the gratitude in our lives and help us live a life of gratitude for the good things you have done in our lives? And will you help us be content in Christ, not looking for other things to bring us contentment? Help us keep our eyes on you. In Jesus name, Amen.

## ACTION STEP

This week, take some time to pray and think about one of the following ways you can evict envy in your life:

1. Resist Comparison - As you scroll through social media, and comparison starts to creep in, take a minute to pray and ask God to show you where He has gifted you and blessed you in your life.
2. Celebrate others - Pray for the ones you tend to be envious of. Send them a note or call them to congratulate them on things that they have accomplished. Write down how you felt when you celebrated them.
3. Practice Gratitude - When envy and comparison start to settle in your life this week, sit down and thank God for 10 things you should be or are thankful for. You can do this every day while you spend time with Him. Take note of how your gratefulness changes your heart and helps you see the things God has gifted you in your life.

Come back next week and share how these practices impacted you this week.





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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/>