



GROUPS AT CROSS POINT

BREAKING THE ICE

If you could choose one thing (sports, playing an instrument, painting, etc.) to be really good at, what would it be and why?

When's the last time you asked for a "do-over" and why?



MAIN CONTENT

We've been in a sermon series called "Over It," where we are working on getting over things that keep us from the best God has for us.

Last week we talked about getting over envy by resisting comparison, celebrating others and practicing gratitude.

1. Which one of these practices did you engage with in the last week: Resist comparison, celebrate others or practice gratitude? What happened when you engaged with them?
2. Have you been utilizing any scriptures or worship music to help you focus back on God to get over some of the things in your life? If so, share which resources have been helpful with your group.

This week, Pastor Drew Powell talked about getting over your past. Usually when we talk about our past we say things like, "I should have" or "I shouldn't have". When we use the word should it correlates to shame in our lives.





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MAIN CONTENT

Sin brings shame in to our lives but God wants us to live free from the shame. We've all made mistakes but at some point we can heal from those mistakes and shame if we let God heal us from our past.

We can get past our past by doing 3 things, return back to the past, redeem it and resurrect it.

When we return back to our past it's to either repent for something we did or to ask for healing from it. Sometimes we own things we shouldn't and need healing. Other times we need to go back and repent of something we have done.

3. Have you ever had an experience where you had to return back to your past and own it? How did you find healing from returning back to the experience? If you haven't, how can you return back now and experience healing from it?

When you are redeemed from your past it means you choose not to be the same person you were, you choose to live differently. When you choose redemption it means you are actively taking steps toward Jesus and relying on His faithfulness to redeem you. (Phil 3:9-14)

4. When have you had a time where you felt God's redemption in your life? How did that redemption change you?

5. If you haven't chosen to live in Christ's redemption, what keeps you from experiencing it?

When we accept redemption through Chris it allows us to experience resurrection. We experience resurrection by killing off the shame and bringing life back to the situation, we resurrect what the enemy has tried to steal from us. When we live with the redemption and resurrection past our shame we are able to give God all the glory for bringing us through it.





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MAIN CONTENT

6. Do you have a time when God has resurrected you from a situation? Explain.

7. Which is the hardest step for you to utilize to get past your past, return, redeem or resurrect? Why?

God never intended for us to walk with shame. He wants us to live in the freedom He has for us through His son, Jesus. We have the opportunity to choose to walk in that freedom.





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PRAYER

Father God, thank you for choosing to send your Son, Jesus, to free us from our sin and shame. Please show us where we have let shame take hold of our lives. Show us how to return to our experiences to find healing and live a life of redemption and resurrection. Give us the peace we desire to know you are with us, you love us and you don't see us any differently. In Jesus name, Amen.

ACTION STEP

Take some time this week to pray and ask God:

- Where you need to be healed from your past. Ask Him to show you where either you need to ask for forgiveness or give something to Him.
- To redeem you and help you turn from your way of doing things and depend on Him to help you through it.
- Resurrect what the enemy is trying to take from you so that He can get the glory from your story.

As you spend time talking with God this week either journal what He is doing in your life or tell someone about it who can pray for you or support you.





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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 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. 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/>