



GROUPS AT CROSS POINT

BREAKING THE ICE

What is something you're looking forward to doing this fall?

What would the perfect day look like to you? Where would you go? What would you do? Who would be with you? Explain to your group.



MAIN CONTENT

For the last few weeks we've been talking about getting over the things in our lives that keep us from the best God that has for us. Last week Pastor Drew Powell talked about getting over our past and the shame that can come along with it.

1. What happened last week when you prayed and asked God to either reveal where you needed forgiveness from something in your past or when you asked Him what you needed to give to Him that has been causing you shame or regret?
2. Did you take time to ask God to redeem you and take back your life and your story for Him? What happened?

When we take the time to give God our shame and seek forgiveness from Him, we can forgive ourselves and no longer live under the assumption we are not good enough. We are made in His image. We are His children in whom He is well pleased, especially when we continue to seek His forgiveness that is never-ending.





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MAIN CONTENT

This week Pastor Kevin spoke about forgiveness and resentment when it comes to situations where others have hurt us. Forgiving someone who wronged you is hard. We tend to remember everything about the conversation, the situation and all the details when we are hurt by someone. We run it on repeat in our minds thinking about how we were wronged and how the person hurt us deeply. We go over every detail, judging the other person, turning their actions into character flaws and building a wall of resentment towards them.

3. When was the last time you built resentment towards someone you had a hard time forgiving? Do you still need to forgive them?
4. Have you let resentment be your story, telling others about it? How has this resentment affected your life?

On Sunday Pastor Kevin said, “We would rather live with the pain we know than embrace the pain we don’t know in order to find healing.” We’ve all experienced pain and wounds in our lives from people who have hurt us but we can not let that hurt define us and our story.

The only way to find healing is through forgiveness. Forgiveness is a supernatural work of God. Forgiveness is a miracle. God gives us grace through forgiveness and allows us to give grace and forgiveness to others.

5. Where have you needed God’s grace and forgiveness for yourself in your life?

God calls us to forgive others 77 times (Matthew 18:21-22). If we don’t forgive, it leads to bitterness in our hearts which can lead to revenge. You can carry a grudge with bitterness and it’s hard to follow Jesus when you have a grudge in your heart.





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MAIN CONTENT

In Genesis 4:23-24, we see where Lamech refused to forgive. Instead, he chose to seek revenge 77 times. This kind of unforgiveness and revenge keeps you distant from God.

6. Do you easily forgive others? Why or why not?

If we refuse to forgive, it leaves us spiritually toxic. Jesus came to offer us forgiveness. The cross He died on for us is the ultimate atonement.

Read Philippians 2:15

7. Do you have the mindset of Jesus? If not, how can you change your mindset to be more like Jesus?

8. Have you fully received forgiveness from Jesus? If you haven't, what keeps you from it?

Forgiveness is releasing things to God, letting go and surrendering to the Father. Forgiveness is not forgetting but making the choice not to bring it up and look for revenge. Forgiveness is saying, "Bless you" and it is a choice we have to make daily.





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PRAYER

God, thank you for the forgiveness you freely give us. Help us release the things we have held on to that cause resentment in our lives. Help us see where we need to release things to you. God, help us forgive. We know it will take time for restoration but help us forgive those who hurt us.

ACTION STEP

Ask God to search your heart and reveal where you have unforgiveness in your life. Ask Him to help you forgive every day. Write down what happens this week as you seek Him and ask Him to help you forgive.





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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/>