



GROUPS AT CROSS POINT

BREAKING THE ICE

Are you a morning or a night person?

Have you ever had a morning start out tough? Describe how the morning and day went.



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This week we started our first week of “Rise and Shine” where we talked about how we can start our day knowing the important things God has for us and doing more than just rising for the day.

1. What does your current morning routine look like?

Some of us may start our days rushed while others like to ease into our days. Most of us attempt our best effort every day but our days don't always turn out like we planned. We can put on our best face, best outfit and be “put together” thinking we are winning the day. If we aren't careful, it can turn in to a performance for everyone—seeming like we have it together on the outside. But do we have it together internally?

God doesn't want a performance from us to look like we have it all together. He wants us to shine, and we shine when we have relationship with Him. **God's prevailing desire is to be with you.**

2. What does a relationship with God look like for you? How does it effect your life daily, weekly etc.?





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When we read the Bible we find the person who walked the closest with God (in the Old Testament) is Moses. In Exodus 24 we see where God chose who could be closest to Him.

3. Have you ever felt like you couldn't approach God? If so, why did you feel that way?

The Old Testament is the old covenant. The rules of who and when we approach God no longer exists. When God sent Jesus to the earth He created a new covenant where we can approach God whenever we want. We choose how much relationship we want to have with Him by spending time with Him.

Under the new covenant, we read in John 13:23 where the disciple John was so close to Jesus he rested his head on Jesus' chest. Just like the disciples we have the option to be as close to Jesus as we want. The more we love Jesus the more we want a relationship with Him. As we love Him we position ourselves to receive His love.

4. How strong of a love and desire do you have for a relationship with Him?

In Romans 12:1-2 and 12:11-12 we read about three things that can help us in our relationship with Jesus; worship, word and prayer. These three things help us do our best in growing in our relationship with Him.

Worship turns our mind and affections to God. Worship includes singing songs to God and telling Him about our affections and love for Him. But turning our mind and affections to Him goes beyond just singing, it can be how our attitude and love for Him are present throughout the day.

5. How can you worship God throughout the day?

When we hear about "The Word" (the Bible) it can be intimidating. Sometimes we don't know where to start reading the Bible or know how to engage scripture. But God just wants us to start somewhere. Start



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reading about how He loves us and how He wants us to know the truths He has for us not what the world may think or say about us.

6. How would you describe your time reading the Bible?

Be honest in this moment, if you aren't reading it's OK. We can all start somewhere and someone in your group may have a great recommendation on how to get started in reading the Bible.

If you struggle reading the Bible take the pressure off of reading for a long period of time. Start with a simple devotion from the Bible App or another source (you can find links to devotions and reading plans at <https://www.crosspoint.tv/groups-leader-resources/>).

The last thing we can do to Rise and Shine and have a growing relationship with God is going to Him in prayer. Prayer times don't have to last hours, it can start by talking to Him a few times throughout the day. The more you talk to God, the more comfortable you'll be spending time with Him, growing in your relationship with Him. You can start your prayer life with just a few sentences at a time.

7. What does your prayer life look like with God?

Our individual relationship with God isn't a competition. We each have the opportunity to engage in relationship with Him. The more we engage in personal relationship with Him the more we feel His love and give others the same love in return. And when we start our days in worship, word and prayer it sets the tone for walking with Him the remainder of the day where we can truly rise and shine with Him.





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PRAYER

God, thank you that you want a relationship with us. Help us lose any condemnation we may feel and to receive the love you have for us in our relationship with you. Help us feel the passion you have for a relationship with us. Put the desires in our hearts to have a growing relationship with you, to start our mornings off with you where we can truly rise and shine bringing you into our lives all day. In Jesus' name, Amen.

ACTION STEP

What does it mean for you to Rise and Shine this week? Make a plan to start your mornings off with Jesus. Share with a member of the group what that plan is and keep each other accountable throughout the week to Rise and Shine, spending your first cup of coffee with Him.

For additional resources on Bible reading plans, devotions and more check out <https://www.crosspoint.tv/groups-leader-resources>

