



GROUPS AT CROSS POINT

BREAKING THE ICE

here are 3 types of people in this world...

1. Don't get bothered by the amount of notifications on their phones.
2. Are mildly distracted by the notifications on their phone but keep them in check.
3. There are NEVER notifications on their phone that have been unchecked.

Which one are you?

If you resonated with #3, how does it make you feel when someone has thousands of notifications on their phone they haven't checked?

MAIN CONTENT

This week, we started a series called "Unsubscribe", how to clear the clutter from our lives and make room for what matters most.

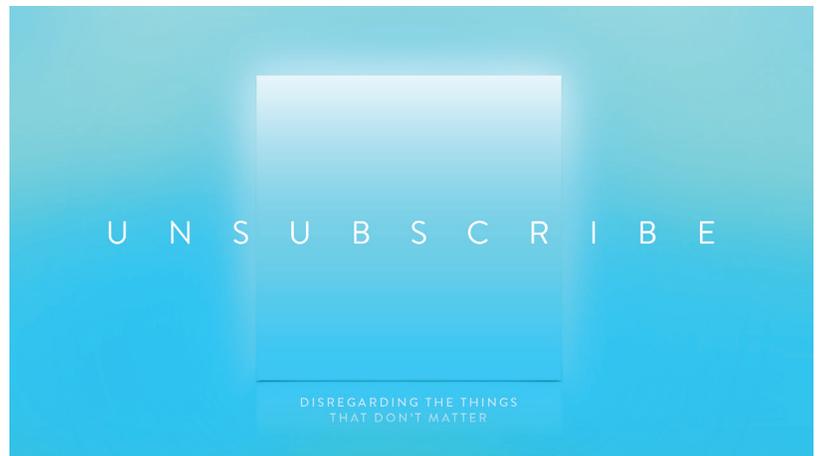
1. If you could unsubscribe from anything in your life right now, what would it be and why?

God wants us to unsubscribe from the lies, patterns of behavior, struggles and unhealthy things in our lives. He has rescued us from those things if we just give them to Him.

A few of the most common things we subscribe to are worry, anxiety and fear.

2. Do you struggle with worry, anxiety and/or fear? What do you worry about?

Worry is so common that God tells us 366 times in the Bible not to worry and to cast our cares on Him. 1 Peter 5:7 says, "Cast all your anxiety on him because he cares for you".



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3. Have you ever thought about giving God your anxiety and worries? How have you given God your worries in the past? If you haven't, why not?

In John 20:19-22, we see where the disciples feared for their lives. While in their fear and anxiety, Jesus came to them. He breathed life on them and granted them peace. This happens in the Old Testament in Genesis as well, when God breathed life in to Adam. Both of these instances are examples of God and Jesus being near us and breathing life in to us in the midst of daily lives.

4. God breathed life into the nostrils of Adam and Jesus breathed the Holy Spirit on the disciples. What do you make of this? Any images, parallels or thoughts?

God wants to give you a peace, not a piece.

5. What would be different in your life if you fully trusted that statement?

Read Philippians 4:4-7

In this Scripture, we see the Apostle Paul give us a great example of how we can subscribe to God's peace in our lives and unsubscribe from fear, worry and anxiety.

The Scripture starts with, "Rejoice in the Lord". Rejoice in the fact that God is sovereign - He is sovereign over everything.

One way to rejoice in the Lord is with worship. So, when we subscribe to worship, we release control of the things we have no control over and worry about.

Last week we learned from Drew Powell that we "win when we worship" and this week we learned that worship and worry cannot coexist.

6. What does healthy, thriving, winning worship look like for you?

When we worship, we are letting God know He is in control and we trust Him. He is the only one in control.

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Sometimes others may try to steal your peace. When we subscribe to gentleness in those stressful moments, it allows God to use us to help others find the peace God gives. Gentleness allows us to be fully present and show others peace when their world may be filled with stress, worry or anxiety.

7. Where do you need to show others gentleness so they can have God's peace?

When you make time and space for God, you subscribe to prayer. God wants us to bring our tangled soul to Him, where He can listen and help us.

Sometimes, when we can't get untangled, we can talk it out with our spouse, a trusted friend, pastor or even a counselor. God has given us prayer, relationships, community and counselors to get the help we need. He uses other people and prayer to help us get untangled.

When we subscribe to gratitude thanking God for the good things in our lives, it helps us unsubscribe to the worry. No matter how bad we think things are, there's almost always something to be thankful for.

8. What do you have to be thankful for?

When you feel worry, fear and anxiety creeping in, unsubscribe to the voices taking you to those places. Take a deep breath and subscribe to God through worship, gentleness, prayer and gratitude by spending time alone with Him.

CLOSING PRAYER

God, show us where we our lives have unknowingly subscribed to things of this world that bring fear and worry. Open our hearts and minds to the things we need to subscribe to: worship, gentleness, prayer and gratitude. Help us make time for these in our lives so we can subscribe to the peace You have for us.

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ACTION STEP

Who comes to mind in thinking about this message? Who do you know needs to hear that God wants to bring peace, not a piece? This week pray for those who need God's peace and invite them to listen to the "unsubscribe" series online or invite them come to church with you next week.

Subscribe to worship, gentleness, prayer, and gratitude.

Is there one in particular where you feel like you are winning? What about an area that you feel like you need to subscribe to this week? What does that look like practically? Pair up with someone in your group and keep each other accountable to subscribing to worship, gentleness, prayer and gratitude. Text each other throughout the week to encourage one another.

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