



GROUPS AT CROSS POINT

BREAKING THE ICE

We've all cleaned out junk drawers over the years. What's the craziest thing you've found? What are the repeat items that you always seem to unknowingly stockpile?

MAIN CONTENT

This series has taken a look into unsubscribing from discontentment, busyness and darkness. This week, we're talking about how we clear the clutter from our lives to make space for what matters most.

Pastor Kevin has been talking about our junk drawers and how they are a metaphor for what's going on in our minds. There's a random collection of cluttered thoughts and snapshots of our past. Our past is a mixture of joyful memories, but it can also bring about feelings of guilt, shame, and regret over memories that are painful.

We'll use these definitions:

Guilt = "I did a bad thing"

Shame = "I am bad"

Regret = "I wish I could change things from my past"



READ John 8:1-11

The only person who had every right to throw a stone didn't. In fact, He took the attention off of her and put it on Himself. After that, He asked the crowd to examine themselves. He said let's leave the past here and go live a new life. Jesus took her guilt and shame on Himself. That's what happened on the cross. Jesus didn't tell the woman, "I forgive you, now take that as a fast-pass to sin." He said, "I forgive you; now, leave your old life." Jesus loved her shame away.

1. What are some feelings you experienced when you were first introduced to Jesus loving your shame away?

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We live in a stone-throwing world. A world that makes stone throwing pretty easy at 140 characters or less. As followers of Jesus, the only message that we should be giving people is freedom from GUILT, SHAME and REGRET.

2. How do you catch yourself when you're tempted to throw "stones" at people?

Pastor Kevin said that we've got memory problems, but our two main ones are these: we forget the things we need to remember and we remember the things we want to forget. The cross is where we should go with our memory problems. It's where we start to get past our past. It's how we unsubscribe from guilt, shame and regret and subscribe to the truth that is greater than our feelings.

READ 2 Corinthians 5:21

3. Who first shared with you the beauty of the "great exchange" that is described in 2 Corinthians 5:21?

READ 1 John 1:9

Confession is getting honest with God and with ourselves about our current situation. We stop hiding and blaming and we own where we are at.

4. Why is confession an important step in the process of living in freedom?

Confessing to God is always first, but there may also be people whom you need to confess to as well. There's no promise that if you apologize to someone that they will forgive you. But the outcome is not your responsibility - obedience is. Regardless of what they say, know this: when you confess your sin to God, the outcome is always forgiveness.

When we walk down the road that leads to confession, regret tends to make an appearance. So, what do you do with regret? We give it to God. When you put your failures in the hands of God, you'll find He won't waste your pain or your past. That's called redemption. At the foot of the cross, regret becomes repentance, and repentance becomes redemption.

Jesus addressed the memory problem He knew we'd have when He showed us how to take communion in Luke 22.

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READ Luke 22:19

We took communion across all of our campuses this week.

5. What are the thoughts that God brings to your mind as you take communion?

CLOSING PRAYER

Jesus, thank you for what you did on the cross. Help us never forget the sacrifice You made. Show us how to live in the freedom You died to give us. Show us as a group how we can help each other walk in that freedom. Remind us of our struggles when we are tempted to cast a stone at someone else. Amen.

ACTION STEP

Take some time this week to think through and list things that Jesus' work on the cross freed you from. We don't know what Jesus was writing in the sand, but some people speculate that He might have been writing the names of the men that the woman caught in adultery had sinned with. It's interesting to think about Him listing her sins, but instead of meeting her with judgement, covering her shame with His love. What would be written in the sand for you? As you process through your list, remind yourself of the truth of 1 John 1:9: ALL IS FORGIVEN. Ask the Lord if you are walking in the fullness of the freedom He has for you. It can take practice to train yourself to walk in freedom. If you find yourself needing help, consider connecting with your group leader, or connect with Cross Point to get a referral for a Christian counselor.

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