

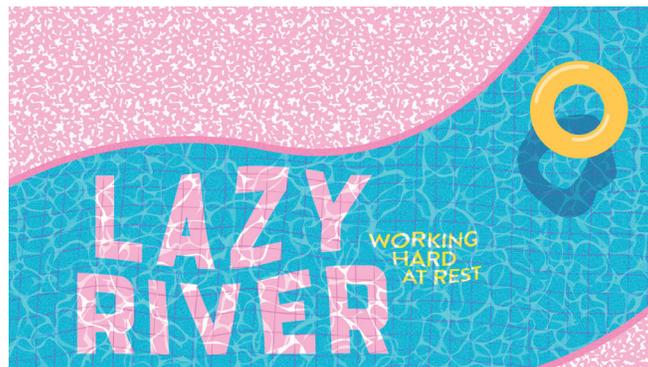


GROUPS AT CROSS POINT

BREAKING THE ICE

What is the most restful thing you have done this summer?

What's one more restful thing you would like to do before fall starts?



MAIN CONTENT

This week we had a guest speaker, Jon Acuff, finish our series “Lazy River.” Jon started the sermon being transparent with his own struggle with finding time to rest.

1. We've been discussing what it means to rest over the last few weeks, do you still find it difficult to find rest? Why or why not?

Sometimes, we think in order to find rest we have to either put it on our “to-do” list or we need to make a “to-do” list to rest. Jon says that rest is a gift from God and He gives us three things in that rest.

The first thing God gives us in rest is the gift of Relationship. God wants a relationship with us. He doesn't have any prerequisites of that relationship, His hands are wide open accepting us.

Read Zephaniah 3:17

Our loving God wants to be with us and delights in us.

Jon told a story of how growing up he would feel unworthy to come back to God and almost created an image or label of a “Jerk God” in his mind. To Jon, “Jerk God” wanted to fix the former things in his life before he could come to God but, in reality, our loving God is always ready to accept us and to do a new thing in our lives.

One way to engage the gift of relationship with God is to take time to ask God who He is. When we do that, He will reveal Himself to us.





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2. What is your relationship with God like right now?
3. Do you have a tendency to label God a certain way, based on how you are feeling about yourself and your relationship with Him at the moment?
4. Are you currently labeling God a certain way? Explain why.

God is ready and willing to redeem us at all times. No matter how many times we have messed things up, He is there to make our relationship whole with Him.

When we walk in our relationship with God and rest in Him, He gives us the second gift, the gift of Identity.

Read Ephesians 2:10

We are God's handiwork, we are already a masterpiece He created, even with the mistakes we've had in our lives.

It's easy to look at our non-perfect lives and compare it to the picture-perfect things we see on social media. But, that's not reality. God made us perfect in our imperfections. Our imperfections make us a unique masterpiece that God created. When we compare ourselves to others we lose our identities in whom God created us to be.

5. Do you let comparison to others steal your identity in whom God made you to be?
6. If so, how do you remove yourself from the comparison trap and embrace your relationship and identity in God?

When we have our relationship and identity in our loving God, he makes us whole. If you struggle with your identity in Him, take time to ask God who you are.

The last gift God gives us when we rest in Him is the gift of Bravery. When we rest and spend time in our relationship with God, our identity in Him becomes more clear and He gives us the peace and bravery to keep going in our lives.





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Jon talked about the idea of wanting stress, anxiety and fear to be gone. That we want a quick fix or a three-step process to eliminate these things in our lives, but the truth is, they will never completely go away. However, there's good news; when we can ask God to help us through these things, He will give us His peace to process through the stress, anxiety and fear.

Read John 16:33

7. How does John 16:33 make you feel? Does it cause more anxiety or give you a sense of peace, why?

God has already overcome the world. When we take peace to know He has done the work for us, we can ask Him to help us get through the anxieties of our lives.

Read 1 Peter 5:7 and Luke 11:9-13

God is ready for you to take time to rest in Him. When you rest in Him, you will find a stronger relationship, identity and bravery that comes through Him. He will give you the peace and courage you need to live your life fully trusting in Him.

8. Which gift of resting in God do you need the most and why? (relationship, identity, bravery)

CLOSING PRAYER

Father God, thank you for making yourself available so that we can rest in You. Show us where we need our relationship with You to flourish so we can be confident in whom you made us to be. Give us the peace we need to live our lives and the bravery we need to continue on, trusting you have it under control. In Jesus name, Amen.

ACTION STEP

This week, ask God which of these gifts you need to practice the most: relationship, identity, bravery. Spend time with God practicing these things and filling up on the gift you need the most in your life. Talk with your group about how God revealed the gift(s) to you and the benefits of walking in these gift(s) next week when you meet.

