



## BREAKING THE ICE

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What is the best compliment you have ever received?

If you were to be known for anything, what would you want to be known for?

## MAIN CONTENT

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Last week we heard from Jeff Henderson about pain + purpose = peace.

1. How did you see pain and purpose bring peace in this last week either to you or others?

With the tornadoes in Nashville this past week we had opportunities to serve our neighbors. Some of our neighbors were directly affected by the storms.

2. Did you have a chance to help a neighbor, donate supplies or work in a neighborhood this week?

As we have had time to see the disaster footage of what Middle Tennessee has endured this week, there's room to process how we are feeling. Most of the time someone asks us, "how are you", we respond with. I'm fine. You may be physically fine but have you taken the time to get in touch with your emotions?

Sunday, Pastor Kevin asked, " How are you... really". So let's dig in to that.

3. How are you...really?

4. Do any of these describe how you are feeling?

**I AM TIRED**

**I AM AFRAID**

**I AM LONELY**

# MAIN CONTENT

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I AM CONFUSED

I AM HOPEFUL

I AM NUMB

I AM HURTING

I AM GRATEFUL

I AM ANGRY

I AM SAD

I AM ANXIOUS

Sometimes we feel these things and we don't let ourselves process through it. It's important to feel the feelings and know that it's OK to feel them and then stand on the truth God gives us. Pastor Kevin said, "In a changing world, God does not change."

5. Where did you see or experience an unchanging God in a changing world this past week? His presence, his peace, his faithfulness, his provision?

God's name is I AM...Yahweh and it sounds like breathing. God is all encompassing, never changing and His greatness is more than we can comprehend.

6. Compare the greatness of God with the deeply personal God who is as near as the next breath.

7. In John we see where God is many things. Which one of these statements of who HE is do you need today?

John 6:35 - I AM the bread of life

John 8:12 - I AM the light of the world.

John 10:11 - I AM the good shepherd.

John 10:7 - I AM the gate

John 11:25 - I AM the resurrection

John 15:1 - I AM the vine

A lot of things may have changed this week, but God has not. His love for us is still the same and He wants to change us to be more like Him.

God can change us if we allow Him to do the work in us. Sunday, Kevin talked about meeting a young Muslim who's life had been radically changed by Jesus.

8. If you are a follower of Jesus, how has Jesus changed your life?

# PRAYER

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This week we want to take some time to pray together. Below are some steps we have to create a time of prayer, thanksgiving and asking God for things in our lives.

Leaders: Start first then open up the group to jump in and pray with you. Keep moving through the prayer points as you see fit. These don't have to be long prayers, they can be one sentence statements.

1. Thank God for who HE is to us

Examples:

God .....

You are kind,

You are generous,

You are our safety,

You are our protector,

You are loyal,

You are love,

2. Thank God for what He has done for you.

Examples:

God....

thank you for bringing peace to those who need it,

thank you for keeping us safe from harm,

thank you for loving us,

3. Pray for ways you need to see God in your life

Examples:

God will you help me be a light to my neighbors in need,

God will you help me serve those who need it,

God will you bring me peace

4. When you feel like it's time you can wrap up the prayer.

# ACTION STEP

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As we continue to support Middle Tennessee we want to continue to pray for each other and our communities. This week commit to praying for those in Middle Tennessee.

Give - Over the next few months there will be opportunities to give to help rebuilding efforts across Middle Tennessee. You can give online at [www.crosspoint.tv/give](http://www.crosspoint.tv/give) or text 615-270-2428.

GO - We have seen so many of you show up in Middle Tennessee this week and serve. We are so grateful the church has been a vital part of showing God's love to those around us. Clean up efforts and rebuild efforts will be ongoing. To find a place to serve you can go to our Facebook campus pages or visit <https://crosspoint.tv/nashvillestrong/>