



BREAKING THE ICE

What's one project you have started AND finished in the last few months? What projects have you not finished?

What's the best concert you've ever attended? Why was it the best?

MAIN CONTENT

Last week Pastor Kevin taught us the power of forgiveness. That we all need God's forgiveness and grace and we should give the same forgiveness and grace to others who have hurt us.

1. How did you practice forgiveness this past week?

This week we had the opportunity to hear from Jon Acuff. Jon has been at Cross Point for a few years and is an author and speaker. From his book called Do Over Jon shared some helpful tips on handling the unexpected.

Jon pulls much of his message from the story of Moses, the Israelites leaving Egypt and wandering in the desert on their way to the Promised Land. As hard as it was, the Israelites still saw God's faithfulness. They remembered that faithfulness by building altars made from rocks (Joshua 4).

The first thing Jon encourages us to do is to **look for the rocks**. Those rocks remind you of the times God has been faithful, when He has shown up or when He may have surprised you.

2. What are some "rocks" from your life that remind you of a time when God was present in the midst of a difficult season?

The second thing Jon reminds us to do is to **take manna for the moment**. When the Israelites were hungry, they asked God for food. He gave them the food that they needed for the day. Every morning they would wake up and collect food for the day. Not the week. Not the month. Not the year. For that day.

MAIN CONTENT

God wants to give us what we need for the day. He wants us to come back to Him over and over to continually receive from Him. When we spend time with Him, He makes impossible situations possible.

Sometimes manna is a prayer walk, or a devotional first thing in the morning. Those practices that fill you up, keep doing them to have the manna for the moment.

3. What is your manna for the moment? How does it fill you up?

The third thing we should do is **to be careful what you consume**.

Read Romans 12:2.

4. What is currently filling up your mind?

Jon said, "What you consume is what conforms you." When we consume the news and negative social media, it can cause our minds and hearts to doubt and worry. But when we consume God's promises from the Bible, it can fill our minds and hearts with peace and comfort.

5. What things are you consuming right now that are filling your mind with faith? What are you consuming that is filling your mind with fear?

6. What things are you filling your mind with that you need to let go of?

The last things we need to do right now in this "Do Over" season is to **walk with empathy**. Empathy means to understand what someone needs and act on it. Ask someone what they need instead of trying to read their mind.

7. When is the last time someone met a need you had? How did that make you feel? How can you do that for someone else?

People want to know that they are seen and important. When you ask them what they need and act on it, you are valuing them.

Just like God sees us and wants to meet our needs, we should do that for others. We are all battling something, in need of a do over and some grace. What if we gave each other that grace and cheered each other on?

PRAYER

God, thank you for your grace and your faithfulness. Thank you for the reminders of how you have shown up for us in the past. Will you please give us manna for the moment, show us what we are consuming that is harmful to our spirit and help us have empathy for others? Help us be like you so we can show others who you are. In your name, amen.

ACTION STEP

+ If you need to remember God's faithfulness this week, take the time to look back for "rocks" as a reminder.

+ Take note of your emotions. Are you anxious? Are you fearful? How much social media and news are you consuming...really? Set some boundaries around what you are consuming and how much. Fill your mind and heart with things that bring joy and peace instead of fear and anxiety.

Tip: look into setting time limits on your apps or even deleting them so you stop consuming so much negativity.

+ Ask a friend or neighbor what they need and act on that need. Kindness is felt much more in a time of crisis, so let's be kind to those around us.