



## BREAKING THE ICE

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Are you more of a traditional Christmas music person or do you like the new pop Christmas songs?

What is one Christmas tradition from childhood that you have carried on in your adult life?

How did you see God reveal Himself last week by looking up, in, out and around? (Feel free to look at the action step from last weeks questions for more descriptive questions.)

## MAIN CONTENT

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This week Pastor Kevin started the message about some of the things we were able to do with our “For the One” campaign. God changes hearts one at a time. Cross Point is a place where everyone’s welcome because nobody is perfect and, with Jesus, anything is possible.

We believe Jesus is for the one. He is the message of the gospel.

1. When is a time in your life where you felt Jesus was for you specifically?
2. How do you feel like God is calling you to be for someone in your life?

Jesus came to save the lost and He does that one person at a time. Sometimes we don’t realize we are lost. We are tired and weary. Jesus is always there for us in those times. He gives us the rest we need to move forward with Him in peace.

Some of our weariness is with other people. This year we have dealt with a world-wide pandemic, racial tension, political unrest and more. It’s hard to know where people stand on issues and that creates social anxiety.

3. On a scale of 1-10: how high is your social anxiety right now? What affects your social anxiety the most?

It’s really hard right now to know how to respond to people when we don’t know what they are thinking or even going through. It’s easy to judge someone by their social media posts and decide you do not

want to engage that person for fear of what may happen in the conversation. This is not new to the world. Social anxiety has been around for years, but we can't let social anxiety lead us to isolation. We all need connection.

When we stop connecting, we stop growing. But right now the thing we need the most, connection is also the thing we fear the most.

4. How are you connecting with others during this time? How has it been helpful during these difficult times?

Read Luke 2:8-14

This scripture sets up the time when Jesus was born. He was born into a climate of unrest. Social anxiety would have been high but God knew the world needed Jesus. So He sent His Son. He sent Jesus to bring peace to a world that felt uneasy.

5. Where have you felt Jesus's peace in your life? Where have you felt it specifically in these last 9 months?

One way to find peace from the weariness of others is to go to God in solitude. Solitude is different from isolation. You choose to go to God in solitude, to spend time with Him. To shut off all the noises, the TV, social media, opinions and newsfeed. To sit with God and just be with Him so He can reveal things to you and let Him give you what you need whether that's peace, comfort, joy, love or rest.

6. What does that practice of solitude look like in your life? Describe a time of solitude in your life where you felt God.

Solitude can be a time where you sit listening to worship music, you pray, you listen, you read scripture. It's time alone with God.

Another way to find peace from the weariness of others is to not fear. In Luke 2:10, we see where the angels told the people to not fear. When we live in fear we tend to not do the things we should do. We don't have the conversations we should have, we don't serve where God is calling us to, we don't do something God is asking us to do because we are scared.

God knew we would have fear. He addresses fear over 300 times in the Bible!

7. How has fear kept you from doing something God wants for you in your life?

God tells us not to worry or fear. And He also doesn't want us to not judge others about their fear and worry.

We have no clue what other people are going through.

When we pre-judge others, it's easy for us to have cynicism towards them because of hurt from our past. We are afraid if we let someone get too close, we may be hurt again. So we judge their actions before we know their hearts, we keep them at arms length because we are tired and weary of being hurt.

But God calls us to spend time with Him and get filled up. Out of our abundance from Him, we can love others through their mess and hopefully show them what God has done in our lives and point them to the true peace that Jesus can bring.

8. Where do you need to let go of cynicism in your life and show someone the love and peace Christ brings?

## CLOSING PRAYER

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God, in a world full of social anxiety you bring us peace. Thank you for sending us Jesus to fill the void of loneliness and to give us the strength we need to connect with others. It's your will for us to connect with people. To encourage one another in faith, prayer and to care for each other. Please show us who we need to connect with. Where we have cynicism in our hearts will you please reveal it to us? Will you help us heal from our past hurts so we can have a life filled with your peace and rest. In Jesus name, Amen.

## ACTION STEP

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+ Practice solitude every day this week. It could be 5 minutes or 15 minutes, or more. The One Minute Pause app by John Eldridge is a great starting place to start if you are new to solitude. Or read the daily scripture from the Bible App.

+ Ask God to reveal the cynicism in your life. Pray and ask him to heal you from that.

+ If you are lonely connect with someone this week. A phone call, face time, or walk outside can go a long way in helping you with social anxiety.