

WEEKLY NEWSLETTER - CROSS CHURCH OF NORMAN

THE CROSS ROAD

VOL. 14 NO. 16 - WEEK OF APRIL 21ST 2026

RECENTER

Sometimes it feels like I have a million tabs open in my brain at one time. One thought leads to another, tasks go unfinished, I replay conversations and memories from years before, and I get caught up in a loop of being overwhelmed. Maybe this overwhelm leads to self-deprecating thoughts. Sometimes I open my phone and see something horrible happening halfway across the world, or something reminds me of the division in our country. Those things leave me feeling anxious and tired. Or I let past shame or sorrow eat at me. Anyone else?

But our God is so good. He is sovereign. Christ is King. He loves me.

When I get caught up in this feedback loop of being overwhelmed, here are some things I do so that something reminds me of His goodness, and that I'm safe with Him:

1. Turn to His Word: Find verses that ground you and help you to reset. Some of my favorite "comfort" verses are Matthew 6:25-34, Psalm 139:1-18, Psalm 40:1-3, John 15:9-17, and Matthew 28:20, to name a few.
2. Give Praise for "Little" Things: Give God thanks for the little things in your life that are easy to take for granted. "God, thank you for the way the sun feels on my skin today! Thank you for the sound of my children laughing! Thank you for the food in my pantry!"
3. Remember Calvary: Stop what you're doing and remember what Christ has done for you. Like, really think about it. Be caught up in the imagery and details of his death and resurrection. Remember him. He loves us more than we can ever fathom.

These practices might seem a little "well, duh," but they've really been helpful to me in my day-to-day life. They recenter me, and they deepen my relationship with Christ. I hope these can be helpful to you, too.

Love always,



Worship Leader and Digital Outreach Specialist

LAST WEEK @ CROSS CHURCH:

WEEKLY NEEDS: \$9,986.55

OFFERING: \$7,317.74

DIFFERENCE: -\$2,668.81

BUILDING FUND: \$271,200.21

ATTENDANCE:

SUNDAY, APRIL 19TH
245

TUESDAY NIGHT FELLOWSHIP
51

FAMILY NIGHT
95

COMING UP:

MARRIAGE RETREAT

MAY 15TH & 16TH

TOGETHER WEEK

JUNE 22ND - JUNE 26TH

