

# CrossPoint Community Guide

No Other Name | The Bread

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## DINNER & DELIGHT *45 minutes*

- During dinner, reflect on last week's practice: **Did the Holy Spirit reveal where there is darkness in your life? How are you walking in the light?**

## LEARN & STUDY *20 minutes*

**Read together:** *John 6v22-51*

- In 6v32–35, Jesus contrasts the manna Israel received in the wilderness (Exodus 16) with the “true bread from heaven.” What differences does Jesus point out between the two?
- When Jesus says, “I am the bread of life” (v35), what is he revealing about his identity and role in meeting the deepest needs of humanity?
- Jesus links “coming to him” and “believing in him.” What do these words reveal about genuine faith and discipleship?

**Take home truth:** Andrew articulated the take home truth as, **true satisfaction does not come from what Jesus can give us, but from Jesus himself.**

 **Facilitator Tip:** Some of you may not be using the Lent guide, but I'd ask you do this week to be unified! You'll practice first in community and then send your people to be empowered to spend time with God!

## PRACTICE & IMPLEMENT *40 minutes*

### RIGHT NOW:

- **What “bread” have you been feeding your soul this week?**
- To move from *knowing that Jesus is bread* to actually *feeding on him*, we're going to train in trust and dependence:
- **Train in trust.** Open the Lent guide to today's reading and choose one of the scriptures provided. Lead your community through the acronym, spending several minutes on each letter.
  - **M – Meet:** Quiet your heart, remove distractions, and intentionally enter God's presence, inviting the Holy Spirit to guide your time.
  - **A – Absorb:** Read the Scripture slowly and attentively, noticing what stands out and allowing the words to settle deeply into your heart.
  - **N – Nourish:** Meditate on the passage and reflect on what God may be revealing about himself, your life, and the truth he wants you to receive.
  - **N – Nurture:** Identify how God is inviting you to respond today by holding onto a truth and letting it shape your thoughts, actions, and attitudes.
  - **A – Align:** Close in prayer, surrendering your heart and life to God and committing to live in alignment with what he has shown you.
- Train in **dependence**.

- Pray this out loud as a community. Leave space after each line to sit in silence and allow the Holy Spirit to meet you in these moments of surrender.
  - *“Jesus, you are my bread today, I need nothing else.  
Not my productivity, reputation, or my plans.  
Holy Spirit, I want to know you, but my cowardly heart fears to give up the things I most depend on outside of you.  
Help me in believing YOU ARE ALL I NEED.”*

 **Facilitator Tip:** Ask your people to daily spend time in the Lent guide, following what you practiced in community. Remember to end your night by having people share a takeaway from community.

### THIS WEEK:

- Fast with us on Wednesday for the whole day or a meal. See the **Short Guide to Fasting** below for helpful tips! Share with your community how this goes.
- Commit to using the **Lent guide** this whole week and use the MANNA acronym to guide your time with God. This is an opportunity to be unified as a church body as we meet with and experience Jesus as our daily bread.
- A dependent life asks God to expose where we lean. Prayerfully reflect on these areas:
  - **Our possessions** – make a list of the material things you lean on the most and surrender them to God, one by one, by name.
  - **Our positions** – your career, education (or lack thereof), and the ego that exists around roles (jobs, mother/father, student, etc.). Read Ephesians 2v10, John 15v15
  - **Our plans** – training in dependence means planning wisely while holding your plans with open hands and saying, “Lord willing.”
  - **Our people** – our spouses, kids, family, and friends. Training in dependence admits that no relationship on this side of heaven is permanent. Practice saying, “Jesus, help me release [name of person] to you. I trust you.”
- **Set a reminder to pray this week,** *“Jesus, you are my bread today, I need nothing else. Not my productivity, reputation, or my plans. Holy Spirit, I want to know you, but my cowardly heart fears to give up the things I most depend on outside of you. Help me in believing YOU ARE ALL I NEED.”*

### REFLECT & PRAY *15 minutes*

#### Pair up and pray

- What is one takeaway from your time in community today?
- Pray to experience the reality that **true satisfaction does not come from what Jesus can give us, but from Jesus himself.**

### **NEXT WEEK:** *John 15*

# CrossPoint Community Member Guide

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### ➡ NEXT WEEK: *John 15*

# A Short Guide to Fasting

For centuries, fasting was a core practice for those who followed the Way of Jesus. Early Christians regularly fasted twice a week—on Wednesdays and Fridays—until sundown. Just like prayer, Scripture reading, and gathering for worship, fasting was simply part of what it meant to be a disciple of Jesus.

Jesus himself began his ministry with 40 days of fasting and continued the practice throughout his life. And he said, “Follow me.” So, it makes sense that we, as his followers, would incorporate fasting—both in short and extended periods—into our rhythm of discipleship.

A spiritual writer once said fasting is a “discipline of abstinence,” picking up on self-denial as a way to open the heart, mind, and body more fully to the Spirit of God.

**Fasting is one of the most powerful ways to bring our entire being into alignment with God.**

Remember, fasting isn't the goal—finding God is (Jer. 29v13). We want to tap into our bodies base cravings in order to awaken in us a deeper hunger for God.

In Scripture, fasting leads to feasting; Lent's 40-day fast is followed by Easter's 50-day feast. Each week, break your fast with gratitude, and remember—God makes us holy, not the act of fasting itself.

## **Practicing Fasting Together at CrossPoint**

As we journey toward Easter during this Lent season, we invite our church family to practice fasting as a way to seek the Father, grow in hunger for and dependence on Holy Spirit, and prepare our hearts for the celebration of Jesus' resurrection.

**Our corporate fast will take place on Wednesdays.**

### **Ways to Participate**

**New to Fasting?** Start small by fasting from one meal on Wednesdays. Use this time to pray, read Scripture, and focus on God.

**Some Experience with Fasting?** Try fasting for a full 24 hours, from sundown Tuesday to sundown Wednesday. Break your fast with a simple meal and gratitude.

**Ready for a Challenge?** Fast on both Wednesday and Friday, following the practice of early Christians.

### **Key Reminders**

- *Stay Hydrated* – Drink plenty of water throughout your fast.
- *Pray with Purpose* – Let hunger remind you to turn to God in prayer.
- *Don't showcase your fast* – Fasting is between you and God, don't make a big deal of it to others (Matt. 6v16-18).
- *End with Gratitude* – Break your fast with thanksgiving and delight in God's goodness.

