

Beyond Regret

Life Group Leaders Guide

Objective

This guide contains the information and questions you will need to lead a life group study during our current sermon series. Our aim is to spark Spirit-led, Bible-centered conversations that anyone can participate in regardless of how biblically literate they may or may not be. **The win** that we want you to experience is when your group members **connect** more closely with each other and with God so that they are encouraged to move forward in living out their faith.

Directions

The *Purpose* and *Move* sections are for the leader to read to the group to provide clarity. **Do not feel pressured to cover all the questions.** Decide which ones may work best for your group. You will see brief notes interspersed between groups of questions to help give the group context for their answers. The *Notes and Commentary* section (when included) is optional reading for the leader to get background information and better understanding of the passages before leading the discussion.

Series Overview

We all have regrets from the past. Many of them come from our attempts to fulfill unmet longings. The problem is many of us get stuck in our regrets and seem unable to move forward. We want to help people recognize specific regrets, release them to God, and learn to see regrets as an opportunity to start over. Our hope is that we would all come to see that God is big enough to redeem even our worst regrets. He can use everything for a greater good. Nothing needs to keep us from the joy and purpose God has for our lives! We can start over and live a life beyond regret. During the series we will examine the biggest regret of one of the heroes of the Bible and learn how to recognize, release and redeem even our worst regrets!

Beyond Regret Series Schedule

Week	Sermon Date	Topic
1	3/8	Recognize Regrets
2	3/15	Release Your Regrets
3	3/22	Redeem Your Regrets
4	3/29	Repeat

The Point Church Life Group Curriculum

Recognize Your Regrets

The Big Idea

In order to move beyond regret, we must first recognize our regrets for what they really are.

Flow of Study

Icebreaker: Share a funny mistake you've made that you immediately regretted.

Move 1: In this week's sermon we learned about how we get stuck in regret, and the first step toward living beyond regret is to recognize and admit it.

1. What stood out to you from the story of how King David finally recognized his regrets?
2. How did you find yourself in this part of David's story?
3. If you've ever had a "Nathan moment" when you suddenly came to grips with something from your past, would you describe it?

Move 2: Let's reflect on a text from the Apostle Paul in Ephesians 5 that speaks to recognizing and bringing to light shameful things that we or perhaps others have done.

Read Ephesians 5:8-14 (NIV)

8 For you were once darkness, but now you are light in the Lord. Live as children of light 9 (for the fruit of the light consists in all goodness, righteousness and truth) 10 and find out what pleases the Lord. 11 Have nothing to do with the fruitless deeds of darkness, but rather expose them. 12 It is shameful even to mention what the disobedient do in secret. 13 But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. 14 This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you."

4. Let's consider and discuss the implications of being a "child of the light" (verse 8). What does that mean? What clues do you find in the paragraph?
5. How might being a "child of the light" relate to recognizing our regrets?
6. What kind of character grows out of living in the light (verse 9)? Why might that be?

Let's get personal and very practical...

7. What is one of your deepest regrets? How much did it impact your life?
8. How can we determine if we have underestimated or overestimated how serious our regrets are?
9. What happens when we try to bury or deny our regrets instead of illuminating them?

10. At what point can rehearsing what happened in our mind become counter-productive?
11. What is the comforting promise in the text directed to those who are willing to step into the light with what they've been concealing (verses 13-14)? How have you experienced this yourself?

Next Steps:

1. Go to pointchurch.com/regrets and anonymously post a word or phrase that represents your regret.
2. Talk to God about your regret, being completely open and transparent with him. Be sensitive to anything that the Holy Spirit impresses on you as you bring this to him.

Prayer: End your study with a time of praying with and for each other. Take requests, but be sure to pray also about what you've discussed today.

Notes and Commentary

The following are pieces of commentary, facts, and links based on the passages of this study in order. Use them to help supplement your group time or for your personal preparation.

On Ephesians 5

Light in the Lord? Surely one of the most difficult statements to understand in this section is the assertion, "You are light in the Lord" (5:8). How can Paul make such a statement? He had written in Romans 7 that he himself did the opposite of what he wanted (to say nothing of what he knew about the Corinthians). We could understand Paul if he had written, "You are part light and part darkness," or "Try to be light." But Paul took conversion much more seriously than we do. This is a statement about what people are in Christ. It is only in the Lord that they are light. The commentary on verse 8 in verses 13–14 shows what is intended. To have the light of Christ shine on us is to be transformed into what he is; to be in him is to take on his nature. The indicative states what is true: Christians are light in the Lord. Once again, this is a question of identity and the geography that determines identity. Christ, in whom we live, determines our identity. From such a high understanding comes a high morality.

The imperative to live as people of light receives little explanation. Paul mentions goodness, righteousness, and truth parenthetically (v. 9), but his only directive here (v. 10) is to discern what pleases the Lord (discernment is also implied in determining what is proper in vv. 3–4). Once again we find a focus on the mind. Christians are thinkers who analyze conduct to see if it fits with their Lord....

Dark and disobedient acts do not fit the identity, and people of the light should not allow any situation where they will be defined by darkness. On the contrary, we must be light and show up the darkness for what it is, a kind of death. By our acts and speech we must call people from darkness to the light Christ gives. People may hate the light and choose darkness, but when they do, it should be because their works are evil, not because the light is offensive (see John 3:19–21). The light cannot be offensive for it produces goodness, righteousness, and truth. The light is the place where people find the grace to face the truth and be transformed by the light.