



**May 4<sup>th</sup>-5<sup>th</sup>**

### **Break the Ice**

Following is a list of regrets many people often have: Spend time discussing these after you read through them. You may also want to stop periodically and then discuss.

- Working so much at the expense of family and friends
- Not standing up to bullies in school and in life
- Not staying in touch with some good friends from childhood/youth
- Not turning off my phone more
- Breaking up with a true love
- Worrying about what others thought about me so much
- Not having confidence in myself
- Living the life that my parents wanted me to live instead of the one I wanted to
- Not applying for the “dream job” I always wanted
- Gone on more trips with family/friends
- Letting my marriage break down

Then ask the group to share some of their regrets.

Transition: All of us have regrets in life but not all of us know how to learn from them and press into the future that awaits us.

### **Up**

**Read Philippians 3:13-14 out loud.** Ask your group the following questions:

- What does this passage say about God?
- Using your imagination, what do you think Paul had to move on from?
- What about God motivated Paul to press on?

## **In**

Our past can paralyze us and cause us to look obsessively inward. In other words, we get into our own minds and think too much. When we do this, we are not in a place to nurture the relationships in our lives. We end up not loving others as we should. As a result, we create new regrets that we must further overcome because we create new wrongs against others.

Ask your group the following questions:

- What relationships have been hurt because you cannot let go of the past and move forward?
- What do you think God would have you do in response?
- What kind of “next steps” action plan can you develop to ensure you will follow what God wants you to do?

## **Out**

Those who do not have a relationship with Jesus often subscribe to cultural philosophies that value independence from others. These philosophies teach us to expect others to forget about our pasts while remembering the pasts of others. At its core, these philosophies teach us to be prideful. Ask your group: When you are prideful toward others, is there a difference in how you expect them to treat you and your past compared to how you treat them and their past? Why do you think this is so?

## **Prayer**

Conclude your time in prayer by focusing on the following:

- Ask God to remind you of His forgiveness of all things in your past
- Seek His help in knowing how to move toward the future
- Ask God to fill your heart with hope about what awaits you in the future.