



DATE	April 24, 2016
SPEAKER	Paul Clark
TITLE	Regret
SERIES	What keeps you up at night? Perhaps it's the finances, family matters, someone's health, a feeling of betrayal or a regret that haunts you. Or maybe it's a lack of purpose or direction for the future. It feels like you're facing it all alone until you realize, you are never alone! God is near, and He promises peace and rest.

Icebreaker:

1. What is your biggest funny regret?
2. Or think of a time when you said something you shouldn't have (put your foot in your mouth). How did you deal with it? Did it keep you awake that night? Did you quickly change the subject? Or apologize? Or maybe you doubled-down for increased effect?

Into the Bible:

3. Pastor Clark began by quoting Psalm 62:1, "My soul waits in silence for God only; From Him is my salvation." (NIV) How does this verse exemplify one response to regret?
4. Pastor Clark said that "we are broken people." We all stumble in many ways, we all fall short and we find it hard to admit. This is found throughout Scripture. (See Romans 3:10, 23-24; James 3:2; I John 1:8-9 for just a few references). What does the statement "we are broken people" mean in your own life? How does your brokenness affect you?
5. Regrets can cause a person to turn toward or turn away from God. See II Corinthians 7:8-10. The Apostle Paul commended the Corinthian Christians for their godly sorrow. Why was Paul pleased about the sorrow they felt? How would you define the difference between good and bad regrets?
6. How can a proper understanding of our spiritual depravity help us face regrets? How does knowing who God is help us resolve our regrets? (See John 6:68 and Hebrews 11:6).
7. It's tempting to turn away from God when we sin. Adam and Eve hid themselves (Genesis 3:8). Judas chose to commit suicide (Matthew 27:5). However, Peter found hope by turning toward Jesus. (*) What can a person do to reconnect with God when he or she feels regret or shame?
8. Think about a time in your life when you felt regret. When have you allowed it to overwhelm you? When have you allowed Christ to enable you to overcome it and move on constructively?
9. In Hebrews 10:22, the writer says, "let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water." (NIV) God not only cleanses us from our sins - He also

removes the guilty conscience that our sin caused us to feel. What does this invitation teach us about God? About ourselves? About our regrets?

Application questions:

10. What would you say to someone who is drowning in regret? What Bible truths might this person be unaware of or forgetting?
11. Why do we find it hard to surrender ourselves to God even though we know He can resolve our problem?
12. Do you have a regret that you worked or are working through? Which of these 5 steps have you found helpful?
 - a. own it or dump it
 - b. make amends
 - c. look for lessons; reframe the situation
 - d. talk it out
 - e. set new goals

Footnote:

() We know that Peter was one of the disciples who ran to the empty tomb (Luke 24:12). In John 21:7, he couldn't wait for his fishing boat to reach shore; he swam to shore to reach Jesus.*