



BREAKING THE ICE

What is your go-to snack you take to Christmas parties?

What is one thing you indulge in during the holidays that you don't have any other time of the year?

What distractions did God show you in the last week that are currently affecting your life?

MAIN CONTENT

This week Pastor Kevin talked about how regret from our past can keep us from feeling the comfort and joy Jesus brings.

Regret is defined as a feeling of disappointment, distress, or heartache about the past. There are 3 types of regret; actions, inactions and reactions.

1. How have you historically dealt with regret in your life?

We can have regrets from actions or things we have done in our lives. Whether it's getting caught in a lie, made a bad decision, made a stupid comment or hurt someone we love, we all have some sort of regret from an action we performed in our lives.

We can have regret from inactions or things we did not choose to do in our lives. Maybe we didn't ask more questions, didn't follow up with someone we should have or didn't apologize for something we did. These inactions are things we have left undone and can cause regret.

The last type of regret is a reaction of things that happen to us. When someone wrongs us, lies to us or mistreats us; we react. How we react and respond has more to do with what is going on in our lives at a larger scale.

2. Which regret do you deal with the most: regret from actions, inactions or reactions?

Pastor Kevin talked about a U2 song called, "Stuck in a Moment". He gives the example of feeling stuck in a moment and not being able to get out of it. Regret can feel that way. We can get stuck in feeling remorseful for something. Those regrets can keep you from living your life fully.

3. What is one regret you have had difficulty letting go of?

Read Luke 2:8-20

The shepherds in Jesus time weren't known as the highest citizens. They weren't trusted and they weren't known to be reliable people. But God had a different plan for these shepherds. He knew that they needed a savior as much as anyone else. God told them about Jesus first, He even had them be some of the first people to meet Jesus.

Just like everyone else, the shepherds had regrets. Our regrets can lead us to Godly sorrow. If we let them; our regrets can draw us closer to God.

4. What are some current regrets you need to give to God?

Our Godly sorrow leads us to repentance. (2 Corinthians 7:10) Repentance is change of mind, change of heart, change of direction.

5. What keeps you from repentance?

When we repent we come back to God. It's the Godly sorrow we feel to know we are in the wrong and we need a savior to help make it right. When we repent we name the sin, we confess it and then we ask God what to do in light of it.

When we name the sin it's knowing what happened. Is it an action we performed, an inaction we didn't take or a reaction to something? Name it and then confess it to God.

The next step is to confess it. Give it to God and ask Him to give you grace for it. Then ask God what He wants you to do next. Do you need to apologize to someone? Do you need to restore a relationship that has been affected?

6. What is the hardest step for you when it comes to repentance: Name it, confess it or ask God what to do next?

We can't change our past and our regrets but we can walk through repentance of regrets and ask God to help us with our future. Just like the shepherds who came to see Jesus, God gives us the grace to have more chances and walk with Him. And then we can tell others about the grace He has given us.

7. Who do you know that needs to hear about the grace God gives?

CLOSING PRAYER

God, thank you for the gift of Jesus. That He took all of our regrets on the cross. He took everything we would ever do wrong upon Him so we could have relationship with Him. Will you show us where we have let regrets keep us from what you have for us. Will you give us a peace and comfort to know there is nothing we have or can do that keeps us from you. Will you please reveal to us where we need to repent: to name, confess and ask you for guidance on the next step. Heal and restore our relationship with you and those around us. In Jesus name, Amen.

ACTION STEP

+ Take note of the areas of your life where you have let regrets take root in your life. Name those regrets, confess them and then ask God how you should move in the next step of restoration.

+ Meet with another group member to talk about repentance. Walk through the process with each other and keep each other accountable to the repentance process. Pray for each other and check on one another throughout the next week.