

Watch week 2 of Starting Over here (<https://youtu.be/sD9VT1Dycwk>) or on the oneChurch.tv App (<https://subsplash.com/onechurch/app>)

## STARTING OVER, PART 2: RECOGNIZE YOUR REGRETS

Learning to recognize your regrets seems simple enough, doesn't it? Maybe too simple? Yet the human mind has some reflexive responses to powerful emotions – such as regret - that can make it hard to honestly face reality. One unhealthy way of relating to your regrets is to dwell on them and play them over and over again in your mind. Another detrimental way of responding to your regrets is to hide from them. You can do this by denying that there is a problem, distracting yourself with other activities, or simply suppressing your regrets, hoping they will go away. All of these futile attempts keep you trapped in a sorry cycle.



**BIG IDEA:** Regrets kept secret control us. Expose it, don't bury it.

### DISCUSSION QUESTIONS

1. Tell us about a time where you went through a whole day or a party with something glaringly wrong about your outfit or appearance, but no one said anything.
2. Which would you say is the most common way most people avoid dealing with their regrets?
3. What about you? What is your most common “go to” tactic to avoid dealing with your regret?

If we want to live beyond our regrets we must learn a three-step process for responding constructively to any type of regret. These three steps are: 1) Recognize 2) Release and 3) Redeem your regrets.

4. The first step in the process is to *recognize* your regrets for what they are. What exactly is it that you are feeling badly about? Have you either underestimated or overestimated how serious it is? What power does it have or not have to affect your future? We need to begin to answer these questions if we want to start over.
5. In the [video for Session 2](#), in what ways was Greg honest about his regrets, eventually willing to address them head-on? Why are we often tempted to believe God won't let us start over again?
6. King David of Israel once put himself in a situation where he was desperately trying to hide his regretful behavior. You can read the complete story in 2 Samuel 11. Here is a quick summary of the events leading up to what you will read below:

*This regretful situation revolves around David's sin with Bathsheba. He watched her bathe and despite being told she was married, he used his power as king to coerce her into sleeping with him. When she became pregnant, David had her husband killed in battle and he assumed the story was over, that he'd hidden and taken care of this horrible situation. Lust. Adultery. Lying. Murder. Then one of God's prophets, Nathan, who was a friend of David's, came onto the scene.*

7. With your Bible or YouVersion, read 2 Samuel 12:1-9.

*The Lord sent Nathan to David. When he came to him, he said, “There were two men in a certain town, one rich and the other poor. The rich man had a very large number of sheep and cattle, but the poor man had nothing except one little ewe lamb he had bought. He raised it, and it grew up with him and his children. It shared his food, drank from his cup and even slept in his arms. It was like a daughter to him. “Now a traveler came to the rich man, but the rich man refrained from taking one of his own sheep or cattle to prepare a meal for the traveler who had come to him. Instead, he took the ewe lamb that belonged to the poor man and prepared it for the one who had come to him.” David burned with anger against the man and said to Nathan, “As surely as the Lord lives, the man who did this must die! He must pay for that lamb four*

*times over, because he did such a thing and had no pity.” Then Nathan said to David, “You are the man! This is what the Lord, the God of Israel, says: ‘I anointed you king over Israel, and I delivered you from the hand of Saul. I gave your master’s house to you, and your master’s wives into your arms. I gave you all Israel and Judah. And if all this had been too little, I would have given you even more. Why did you despise the word of the Lord by doing what is evil in his eyes? You struck down Uriah the Hittite with the sword and took his wife to be your own. You killed him with the sword of the Ammonites. 2 Samuel 12:1-9*

8. How do you think David was feeling when Nathan approached him? How do you think Nathan was feeling?
9. How would you say David was hiding his regret? Was it denial? Distraction? Suppression?
10. Just moments after Nathan confronts him, David recognizes his regret and says, “*I have sinned against the Lord.*” (2 Samuel 12:13). What is significant about David confessing his sin to Nathan? Why did David say he had “sinned against the Lord”?
11. If someone were to confront you about the regrets you’ve hidden away, how would you react?
12. Has someone ever acted as a Nathan in your life? How might you encourage one of your close friends to be a “Nathan” to you, by giving him permission to speak into your regrets as Nathan spoke to David?

*Each of us has to face our regrets head-on! Like David, our first step is likely to crawl out of the darkness and face what has happened. It isn’t easy, but it is always necessary. You can’t change what happened in the past, but you can change how you respond to it in the future.*

13. Take a quick look at the Personal Reflection time at the end of this session. This exercise is important, but hard work. Will you commit to doing it? How can each of you be an encouragement to one another this week?

## MOVING FORWARD

This series is all about seeing that our regrets can be the beginning of a new story. When we see our regret for what they are, we can then take healthy ownership and say ‘yes’ to the learning, healing, and future opportunities God offers us. Regardless of the type of regret—regret of action, inaction or reaction—God invites each of us to walk with him through the residual mess so we can start over in a life-giving way.

But In order to break free from the Sorry Cycle, we have to mine our experiences for whatever they can teach us. This is more than information gathering regarding our regrets; we are also need to put them in perspective so we know what to do with them. What can your regrets teach you about what you need to do more of, do less of, or do differently in the future?

What could you do more of in the future? What could you do less of in the future? What could you do differently in the future?

## WEEKLY READING

This week, spend some time reading and reflecting on *Ephesians 4:14-16, 2 Samuel 11 & 12, Psalm 51:1-17, 1 Peter 5:6-7, James 5:16, 1 Peter 1:3-4.*

