

Watch week 1 of Starting Over here (<https://youtu.be/Y8WFRH2RYaI>) or on the oneChurch.tv App (<https://subsplash.com/onechurch/app>)

## STARTING OVER, PART 1: LOVING YOUR REGRETS

In our culture we often hear the idea of ‘have no regrets’. The problem is we all fall short sometimes—mistakes, bad choices, and hard lessons learned are part of what it means to be an imperfect human. Our regrets may entail something we wish we hadn’t done or a missed opportunity we didn’t take action on. Our regrets might even entail details that are outside our control. Going even further, by seeing and owning our mistakes for what they are, we open ourselves up to deeper levels of health, transformation, and life change.

**BIG IDEA:** [We can start over and live a life beyond regret.](#)

### DISCUSSION QUESTIONS

1. Was there ever a time when you simply wanted a do-over? Maybe it was an embarrassing moment or some incident that lives on in infamy among your family or friends. Share this story or incident with the group.
2. Regret is a powerful word. When you hear the word regret what comes to mind first?
3. Chris said, “When we consider our regrets, we can place them into one of three large categories”
  - **Regrets of Action** - These are things that make us smack our foreheads and say, “Ugh! I wish I’d never \_\_\_\_\_” It could be a lie we told, a relationship we torpedoed, or a dumb choice we made. The list is endless.
  - **Regrets of Inaction** - These are things we wish we would’ve done, but didn’t. It could be opportunities missed, time wasted, risks not taken, and again the list goes on and on.
  - **Regrets of Reaction** - Sometimes our greatest regrets start with something that was done to us. It could be abuse, neglect, betrayal, illness, or different injury. When bad things happen to us, even if it was no fault of our own, we can regret them. What can be extra problematic is what we do in response to the pain. In fact, we too often allow original hurts to launch us into cycles of our own self-inflicted regrets. (*Ex. My parents didn’t love me well and I drink excessively to cover the pain.*)
4. What do you think about these categories of regret? Would you say they capture most people’s regrets? Does the list resonate with you?
5. Which bucket would you say holds the majority of your regrets? Which bucket would hold the majority of your regrets?
6. *1With your Bible or YouVersion, read Luke 22:54-62.*

*Then seizing him, they led him away and took him into the house of the high priest. Peter followed at a distance. And when some there had kindled a fire in the middle of the courtyard and had sat down together, Peter sat down with them. A servant girl saw him seated there in the firelight. She looked closely at him and said, “This man was with him.” But he denied it. “Woman, I don’t know him,” he said. A little later someone else saw him and said, “You also are one of them.” “Man, I am not!” Peter replied. About an hour later another asserted, “Certainly this fellow was with him, for he is a Galilean.” Peter replied, “Man, I don’t know what you’re talking about!” Just as he was speaking, the rooster crowed. The Lord turned and looked straight at Peter. Then Peter remembered the word the Lord had spoken to him: “Before the rooster crows today, you will disown me three times.” And he went outside and wept bitterly. Luke 22:54-62*

7. Peter just denied Jesus and immediately regretted the decision he made. In what bucket would you place Peter’s regret? Action, Inaction, or Reaction? Explain.

8. Peter acted as a spokesperson and leader of Jesus' disciples, but he disowned Jesus when his life was in danger. What do you suppose he was thinking as the reality of his denial set in?
9. After Jesus's crucifixion and resurrection, he interacted with his disciples on several occasions. One time Jesus and his disciples had breakfast on the beach where Jesus and Peter sat down to talk. *With your Bible or YouVersion, read John 21:15-19.*

*When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," he said, "you know that I love you." Jesus said, "Feed my lambs." Again Jesus said, "Simon son of John, do you love me?" He answered, "Yes, Lord, you know that I love you." Jesus said, "Take care of my sheep." The third time he said to him, "Simon son of John, do you love me?" Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep. Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"* John 21:15-19

*Peter denied Jesus three times while huddled around a fire in the temple courtyard. Here on the beach Jesus and Peter are huddled around a fire again. This time Jesus asked Peter three times, "Do you love me?" And each time Peter reassures Jesus that he does indeed love him. Jesus's question, "Do you love me?" reassured Peter that their **relationship** was not over. And his call to "feed my sheep" was a reminder to Peter that Jesus still had a significant **purpose** in mind for him.*

10. How do you think Peter felt as he had this conversation with Jesus? Do you think his feelings changed as Jesus repeatedly asked him, "Do you love me?"
11. Peter went on to be a great leader in the church and remained faithful to the calling he had heard from Jesus during that breakfast around a fire. How do you suppose Peter remembered that breakfast later on in his life?
12. What regrets are you continually replaying in your head? How might you, like Peter, begin to learn from your regrets and move beyond them?

## MOVING FORWARD

Regrets. We all have them. It may be something you wish you hadn't done, or a missed opportunity where you didn't take action and wish that you had. It might be something that was done to you; you were the victim, yet you still feel regret.

Whether it's something from last week, last year, or decades ago, you long to make things right – to change direction, to begin again. Yet somehow your attempts to fulfill this longing elude you. We call this constant back-and-forth between longing and regret the "Sorry Cycle." It's a pattern many of us live with every day.

One challenge we may have in learning to live beyond our regrets is our inclination toward rumination. Rumination is when we replay our regret over and over again in our mind, and as a result we get stuck in this repetitive "Sorry Cycle." Like a cow chewing cud, we hash it out again in our mind, and it becomes more than detrimental to our well-being. Clinical Psychologist Melanie Greenberg writes: "Regret can have damaging effects on mind and body when it turns into fruitless rumination and self-blame that keeps people from re-engaging with life. Regret impedes the ability to recover from stressful life events by extending their emotional reach for months, years, or lifetimes."

So instead of ruminating on your regrets in a harmful damaging way, the challenge is to learn to love your regrets. Don't think of regrets as something you try to live without, but let your regrets be a reminder that you can do better! In her very popular TED talk, journalist Kathryn Schulz concludes with this word of advice: "Regret doesn't remind us that we did badly. It reminds us that we know we can do better." Regrets are like feedback on our lives, and if an action, inaction, or reaction has proved harmful, you can learn from it and do better the next time. (You can watch the video here: <https://youtu.be/pLp31sIFwZ0> )



## WEEKLY READING

This week, spend some time reading and reflecting on *Proverbs 28:13, Psalm 51:10, Luke 24:54-62, John 21:15-19.*