

Watch week 4 of Starting Over here (<https://youtu.be/9TC65epQPwY>) or on the oneChurch.tv App (<https://subsplash.com/onechurch/app>)

STARTING OVER, PART 4: REDEEM YOUR REGRETS

In this session we are talking about redeeming our regrets. Redemption is what happens when unexpected good comes out of a situation that you could only expect to result in something bad. We could call this the long view of our mistakes.

God wants to take our biggest mistakes; he wants to buy them back and redeem them. We're not just talking about getting over a regret, and we're certainly not talking about forgetting it. This idea is about God taking a regret – a mistake, an error, something you wish you could have a do-over on – and turning it into something He uses for good. If you look in the Merriam-Webster dictionary under “redeem”, the very first definition listed is “to buy back: repurchase”. God is ready to take your greatest regret and buy it back.

BIG IDEA: God wants to take your story of regret and turn it into a story of redemption.

DISCUSSION QUESTIONS

1. Have you ever purchased something and immediately regretted that decision? Had a case of buyer's remorse? Share about that.
2. Can you think of a time when someone helped you redeem a regret you had? Maybe through the gift of grace, forgiveness or redemption?
3. *With your Bible or YouVersion, read Romans 8:28.*

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

4. The philosopher, Dallas Willard once said, “Nothing irredeemable has happened or can happen to us on our way to our destiny in God's full world.” That statement was his way of explaining Romans 8:28. What have you written off as irredeemable in your own life? What would it take for you to begin to see it through the eyes of Romans 8:28?
5. When have you seen unexpected good come from a situation when you could only have expected something bad?
6. Why is it so hard to have a long view of our regrets?
7. [Watch the video for Week 4.](#) What is God doing to redeem Greg's regret? What role is Greg playing in that redemption?
8. How hopeful are you that God could redeem your regret? Explain.

*The word redemption is a significant theological word that we may not use everyday, but it's an idea many of us know or have experienced. In the New Testament, one of the words that is translated “redemption” is the Greek word *lytrosis*, and it was frequently used to mean redeem, liberate, ransom, or set free. This word was often used in reference to the purchase of a slave's freedom. A slave was “redeemed” when the price or ransom was paid for his freedom. Here are a few places where *lytrosis*, appears in the New Testament:*

“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.” Mark 10:45

“He gave himself for us to redeem us from all wickedness and to purify for himself a people *that are his very own, eager to do what is good.*” Titus 2:14

“For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a *ransom* for all people.”
1 Timothy 2:5-6

9. How would you summarize what these verses are saying regarding redemption?
10. How do these verses speak to the truth that Jesus wants to redeem us, even our regrets?
11. The first two steps in starting over are recognizing and releasing our regrets. The third step, redeeming our regrets, is different than the other two, because it something only God can do. On a scale of 1 to 10 with 1 being incredibly impatient and 10 having the patience of a saint how difficult is it for you to “wait on God” to redeem your regrets?
12. Why are we tempted to believe that some regrets are beyond God’s power to redeem?

MOVING FORWARD

One helpful way of understanding redemption is to think back to the days when you could take an empty useless Coca-Cola bottle and exchange it for .10 cents, and then turn around and buy a brand new pack of baseball cards. How awesome was that! You could redeem an old useless bottle for a pack of baseball cards!

WEEKLY READING

This week, spend some time reading and reflecting on *2 Samuel 12:24-25*, *1 Kings 1:28-30*, *Romans 8:28*, *Isaiah 64:4*.

