

Life Group STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

NOTE to the Life Group Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

STARTING OVER

"Let it go"
September 23, 2018

David said to Nathan, "I have sinned against the Lord."
(NIV)

2 Samuel 12:13

The 2nd step in Starting Over is to Let Go of Your Regrets Through Forgiveness.

"So if you are presenting a sacrifice at the altar in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the altar. Go and be reconciled to that person. Then come and offer your sacrifice to God."
Matthew 5:23-24 (NLT)

"If your brother sins against you, go and tell him what he did without other people hearing it. If he listens to you, you have won your brother back again."
Matthew 18:15 (NLV)

- Who is responsible to pursue initiate reconciliation/forgiveness?
- How do go about finding\giving forgiveness?

"Hypago" = Go = withdraw; as if sinking out of sight

- When should you pursue forgiveness?

"Let go of anger, and leave your rage behind. Do not be preoccupied. It only leads to evil."
Psalm 37:8 (GW)

"See to it that no one misses the grace of God and that no bitter root grows up to cause trouble."
(NIV)
Hebrews 12:14-15

Forgiveness is not the same as restoring a relationship. To resume a relationship, the offender must do 3 things:

1. Demonstrate genuine repentance.
2. Make restitution when possible
3. Rebuild your trust by proving they've changed over time.

Forgiveness is instant. But trust must be rebuilt over time!

“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight...” Psalm
51:1-4a (NIV)

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me.” Psalm
51:10-11 (NIV)

Jesus: *“Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.”*
Matthew 11:28-29 (NLT).