



## Message Notes

Week 4:  
Forget Your Regrets  
2 Corinthians 7:10

Big Idea for this week:  
Regret traps us into feeling guilty but guilt can't change us

1. Living for Jesus brings life
2. Living for the world brings death

These questions are designed to extend the impact of the Sunday gathering. Use them to go deeper in your personal study time, with your family, and/or with your Life Group.

1. What are some things you regret? Are there some decisions you made that you look back and wish you could have done differently? Are there things you wish you had done that you didn't? What are they?
2. What do you think about Paul's words in our text this week? Do you ever find yourself thinking if Paul knew my experiences, things might be different? What do you think Paul would say to you through the power of the Holy Spirit?
3. When you live in guilt, do you feel trapped? Why or why not? How do you feel knowing that followers of Jesus are free from condemnation? Is that enough to help us live guilt-free for Jesus?

**Share the Truth.** The world knows guilt and regret. It's good at it. But we were called to more. The world needs to see people who understand the weight of their sin and don't just try and cover it up, but live authentic open lives where we all struggle together. Is God calling you to share this freedom with someone today?

**Ask yourself.** Am I living in freedom or guilt? Am I actually trapped when God tells me I am free? Is there sin I need to repent, so I can live free? Was this message meant for me?

**Prayer:** Father, this world is filled with things I can regret and live in guilt over. Forgive me for my sin and help me to understand it breaks Your heart. But You love to see Your children live in freedom. Give me the strength to choose the path of Godly sorrow and live a life of repentance, amen.