



# START OVER

## Small Group Guide: "Start Over" - Week 2

### Icebreaker

**Icebreaker Question:** If you could go back and redo one moment from the past year, what would it be? (Keep it light!)

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### Sermon Summary

This week, Pastor Dave explored Peter's journey of following Jesus, denying Him three times, and receiving a fresh start. The central message: **You can't go back, but you can start over.** Jesus invites us to drop our nets (our past, our regrets, our shame) and follow Him into an unrivaled future.

**Key Scripture:** Philippians 3:13-14 *"But I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."*

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### Key Takeaways

#### 1. Jesus Starts with a Hodgepodge Team

- You're not disqualified because of your past
- You can't qualify yourself either—Jesus chooses you
- It's about the One who calls, not about your credentials

#### 2. Following Jesus Requires a Clear Relationship

- Jesus says "Follow me," not "add me to your life"
- We can't have one foot in following and one foot in our old life
- Starting over requires dropping everything, not balancing old and new



### 3. Jesus Offers an Unrivaled Future

- Whatever you envision for your future, God's plan is better
- Peter's life following Jesus far exceeded anything fishing could offer
- The invitation is to trust God's vision over our own

### 4. Grace Overcomes Shame and Regret

- Peter denied Jesus three times but received a fresh start
- When Peter ran to Jesus on the beach, he was greeted with love, not condemnation
- Jesus said the same two words: "Follow me"—an invitation to start over

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## Discussion Questions

### Understanding the Message

1. Dave mentioned that following Jesus in the dark (when the lights went out) represents not knowing all the details of our future. How does this illustration challenge or comfort you?
2. Peter was just a fisherman with no special qualifications. Why do you think Jesus chose ordinary people for His team? What does this tell us about how God works?
3. What's the difference between "adding Jesus to your life" versus "dropping your nets to follow Jesus"? Can you think of practical examples?

### Personal Reflection

4. Dave said, "Nobody knows you like you know you, but nobody can hurt you like you hurt you." How have you used your own past against yourself? What regrets or shame have you been carrying?
5. Peter denied Jesus three times despite witnessing countless miracles. What "middle school girl moments" have caused you to walk away from Jesus—things that seem silly in hindsight but felt significant at the time?
6. When Peter realized Jesus was on the beach, he jumped in the water and rushed to Him despite his shame. What holds you back from running to Jesus with your failures?



## Going Deeper

7. Read John 21:1-19 (Peter's restoration). What do you notice about how Jesus approaches Peter after his denial? What does this teach us about grace?
8. Dave mentioned the spiritual battle of holding onto things (relationships, status, opinions, habits, addictions) while trying to follow Jesus. What is one thing you're holding onto that Jesus might be asking you to drop?
9. Jesus offered Peter an "unrivaled future" that far exceeded his fishing career. What dreams or plans might you be clinging to that God wants to replace with something better?

## Application

10. What does "pressing on" and "forgetting the past" practically look like in your daily life this week?
11. If someone in this group is struggling with shame or regret, how can we as a group reflect Jesus' response to Peter—love, grace, and a fresh invitation?

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## Practical Applications

### This Week's Challenge:

Choose one of the following to practice "starting over":

#### Option 1: Drop Your Nets

- Identify one thing you've been holding onto that's keeping you from fully following Jesus
- Write it down, pray about it, and commit to releasing it this week
- Share your commitment with one trusted person for accountability

#### Option 2: Run to Jesus

- Instead of hiding from God with your shame or regret, practice "jumping in the water"
  - Spend 10 minutes each day this week in prayer, honestly bringing your failures to Jesus
  - Journal about how He responds to you
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## Group Prayer Focus

Pray for each other in these areas:

- For courage to let go of past regrets and shame
  - For clarity to hear Jesus' invitation to "follow me" in specific areas
  - For boldness to drop our nets and trust God's unrivaled future
  - For anyone struggling with feeling disqualified or unworthy
  - For those who need to experience the grace Jesus offers
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## Closing Thought

*"You can't go back, but you can start over. Don't let fear push you away. Don't let regret draw you out. Stop focusing on the past. Look forward. Press on. Move into a brighter future. Jesus says, 'Follow me.' That's the invitation."*

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## Next Steps

- Encourage group members to attend the Women's Retreat (February 7th)
- Remind about Wednesday night Bible study with Peyton
- Check in next week on how everyone did with their practical application