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## REGRET

#BeFreeSeries • Part 2 • September 8-9, 2018 • Group Guide

*Where the Spirit of the Lord is there is freedom. (2 Corinthians 3:13)*

“No regrets” has become somewhat of a cultural mantra. But the reality is, none of us will get through life without some level of regret—from choices we’ve made, from damaged relationships, from sin. The good news is, we don’t have to live as prisoners to those regrets. We can find freedom from regret if we just admit it, if we take responsibility for it, and let Christ redeem it.

### Talk About It

1. When you look back on your life so far, what do you regret, big or small—a fashion choice, a haircut, an unhealthy relationship, or an angry outburst? How is that past regret affecting you today?
2. If you could be free of anything, what would it be? Anger or anxiety, a health problem, a difficult neighbor? How would your life be different without that person or thing?
3. Read 2 Corinthians 7:10. There are two kinds of sorrow: worldly sorrow and godly sorrow. What is the difference between the two? How can you tell if you or someone else is filled with worldly or godly sorrow?
4. Read Joel 2:25. What have you lost or missed out on in life—whether from your own sin or because of something that was done to you? God promises to restore our lost years. So, what do you want Him to restore today?

### Think About It

*See to it that no one misses out on the grace of God. (Hebrews 12:15)*

*Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone. (Psalm 32:5)*

### Memorize It

*Let us throw off everything that hinders and the sin that so easily entangles. (Heb. 12:1)*

### Act On It

Spend some time this week, specifically confessing your regrets and sins. Then, thank God for His grace and forgiveness in your life, releasing to Him whatever is weighing you down. Remember: You can’t change your past, but Christ can change your future.

*Therefore, if anyone is in Christ, they are a new creation. The old has gone, the new has come. (2 Corinthians 5:17)*



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