



## Week Two

### Opening Praying

God, thank you for this circle of friends. Help us to hear from you today; we want this time to be impactful to us.

### Talk It Over

This series is all about seeing that our regrets can be the beginning of a new story. When we see our regret for what they are, we can then take healthy ownership and say 'yes' to the learning, healing, and future opportunities God offers us. Regardless of the type of regret — regret of action, inaction or reaction — or the magnitude of the regret, God invites each of us to walk with him through the residual mess so we can start over in a life-giving way.

- Tell us about a time when you went through the whole day with something glaringly wrong about your outfit or appearance, but you didn't realize until later.
- Did you ever join a fashion trend and later regret trying it? Tell us about the look.

### Read Ephesians 4:14-16 (The Message)

Learning to recognize our regrets in a healthy way is the first step towards freedom and sounds simple enough. However, as broken humans, we can easily default to dwelling on our regrets or wanting to hide them. We can hide our regrets in many ways. Sometimes we hide by denying there is a problem, distracting ourselves with other activities, or simply suppressing our regrets and hoping they will go away. Both dwelling and hiding can be detrimental to our health, growth, and transformation.

- Looking back at your childhood, how did your parents handle their regret? What example did they set for you?
- When it comes to regret, are you prone to be a dweller or an avoider? If you are an avoider, what is your most common "go to" tactic to avoid dealing with your regret?

This week we heard a part of King David's story where he once put himself in a situation then worked desperately hard trying to hide his regretful behavior. Here is the quick summary of the events one more time: David's regretful situation revolves around his affair with Bathsheba. After watching her bathe, and despite being told she was married, David abuses his power as king to coerce her into sleeping with him. When Bathsheba became pregnant, David had her husband killed in battle to avoid having the affair discovered. He assumed the story was over — that he'd hidden and taken care of this horrible situation. Not long after, Nathan, who was a friend of David's, went to David and helped David see the reality of the situation.

### Read 2 Samuel 12:1-9

- How do you think David was feeling when Nathan approached him about his recent behavior? How do you think Nathan was feeling?
- Has someone ever acted as a Nathan in your life? Tell us about that experience and what the experience taught you. **(Continued on next page.)**

- Have you ever chosen to act like a Nathan to someone? Tell us about that experience and what the experience taught you.
- How might we give one of our close friends permission to be a “Nathan” to us and speak into our lives and our regrets as Nathan spoke to David?

### **Read 2 Samuel 12:13 and Psalm 51:1-17**

When David finally chose to own his regret, he took his first towards starting over. In fact, David is known as a “man after God’s heart” in the Bible. Psalm 51 is the famous psalm written by David speaking of his repentance and genuine remorse. In this text, we see that David doesn’t defend, justify, or explain away what he had done. He recognizes his issues and owns his part. In turn, David says ‘yes’ to a personal transformative life change.

- Have you ever seen someone own their regret really well? Share about how that person owned their regret well, how their response affected others, and what you learned.
- Is there a regret in your life you wish you would have owned well right away? Tell us about what you did and what you wish you had done.

### **Read 1 Peter 5:6-7 (NLT) and 1 John 1:9 (NLT)**

Over and over again, the Bible reminds us to not only get honest with ourselves and God, but to actually turn to God because he cares. Whether we are the culprits or the recipients of hurt, God invites us to get real with him about what we are feeling, thinking, and what we’ve done. By confessing, we close the space between us and God, and open ourselves up to God’s transformative love and his gracious wisdom.

- When you screw up or are hurting, do you find yourself drawing near to God or do you pull away? Why do you think this is your tendency?

### **Read James 5:16**

The Bible also tells us to bring our mistakes and hurts to other safe people. We are not meant to walk through life alone.

- When you screw up or are hurting, would you say you reach out to others or do you pull away? Why do you think this is your tendency?
- Have you ever intentionally reached out to someone in your time of need and received the support you needed? Tell us about that.
- Looking at your life, patterns, connections, and so on, what steps could you take to get better at staying connected when you mess up or are hurting?

### **Read 1 Peter 1:3-4 (Voice)**

We cannot change the past, but we all have choices regarding how we walk out our regrets and live out our future.

- Considering everything we have talked about and heard these last couple of weeks regarding regret, share your meaningful learnings, reminders, or next right steps.

### **Closing Prayer**

God, we know we cannot change our past, but we all have a choice on how we walk out our future. Help us to take healthy ownership of our lives and to step towards you with all the details of our story. Help us to find healing and wholeness in you.