



## Week Five

### Opening Praying

Holy Spirit, you are welcome in this group. Lead us in our discussion as we look at allowing you to be present and at work in our spiritual journey.

### Talk It Over

This week we took a look at how living beyond our regrets is not a one-time fix, but a daily decision to surrender to the Holy Spirit. Let's be honest, depending on the day, surrender can be a moment by moment decision and practice. Living surrendered to the Holy Spirit is essentially tapping into the gift that God has given us. This gift is to be led by his love. Through the Holy Spirit, we can experience guidance and insight into how we can say 'yes' to transformation and we can share God's love with others.

- If you experienced a moment of regret this week — whether funny or serious — share that.
- Have you been able to implement recognizing, releasing, and redeeming your regrets during this series? How is that idea sitting with you or working out for you?
- If you have experienced a regret being redeemed this week — again, whether funny or serious — share that.

### Read Ephesians 3:16-19 (NIV)

You are a joy to Jesus! There is nothing you can do to earn his love or approval. The way to transformation is through a constant posture of surrender instead of your willpower. In that posture of surrender, we allow ourselves to receive the gift of unconditional love over and over.

- How easy is surrender for you? Do you tend to wait on God or do you find yourself striving?
- The Lord is absolutely in love with you! Just as you are. Do you believe this?
- Whose voice is the loudest in your life? The voice of shame and insecurity that others have put inside or the voice filled with God's love?

### Read this quote from John Ortberg (The Me I Want to Be)

*"In which of the twelve steps does it say, 'now try really hard not to drink?' In which of the twelve steps does it even say, 'now decide not to drink?' Amazingly enough, the most powerful tool against the most powerful addiction in the world never asks people to decide to stop doing what is destroying their lives. Instead of mobilizing the will, its followers surrender their will. Try to overcome the problem by your will, and it will beat you. Surrender your will, and sobriety becomes possible. Surrender, which we think means defeat, turns out to be the only way to victory. This is not just the case with alcohol. It is true with other addictions, with habits, with brokenness – and with sin in general." -John Ortberg*

- Have you ever invited the Holy Spirit into your life to help guide you?
- Do you have a surrender story? If so, please share.

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### **Read Romans 12:12 and Philippians 4:8 (NIV)**

Transformation happens as we begin to change our thinking. When we can surrender and invite the Holy Spirit into our lives we begin to challenge those old messages and allow love to teach us new messages. Philippians talks about focusing on positive things because what we focus on gets bigger. And by focusing on the positive we have less anxiety and more space for love.

- How is your thought life? Do you tend to beat yourself up or encourage yourself with words of love?
- Have you ever tried to help a loved one (child, friend, or coworker) out of a difficult rut? In your experience, does shame or encouragement work best in that situation?
- If you were to talk to others in the same voice or way you talk to yourself, how would that make you feel? How would that make them feel?

### **Read Ephesians 3: 20-21 and Psalm 51:10 (NIV)**

- Have you ever looked at your life and felt that something was missing?
- Have you ever tried to fill those missing places?

Jesus is the perfect fit. The Holy Spirit helps us to see that truth and to accept that gift of pure love. There is nothing you can buy or do to fill the hole that we can feel in our daily lives. Jesus takes our life and transforms our regrets. In turn, he redeems our lives. This surrender can be a posture that we return to each and every day.

### **Closing Prayer**

God, may we be filled with your peace, your joy, your power, and your love as we surrender our lives to you.

### **Practice**

Spend some time this week meditating on the love of God. Where do you feel that love inside your body? Your heart? Your mind? Your soul? Try and spend a few minutes each day connecting with God's love and the idea that his love for you is immeasurable. Notice how that changes the way you view yourself.