

## Starting Over | Week 3 - Release Your Regrets

### Message Big Idea

In order to be free from the Sorry Cycle and the burden that holding on to regret can have on us, we must move to the second step and release it.

### Scripture

Psalms 51, 2 Samuel 12:13, 1 John 1:9, Romans 12:18, Ephesians 4:32

### Opening Questions

1. How have you been able to B.L.E.S.S. someone in the last few weeks?
2. If you could take a time machine into the past to warn a historical character before they made a regretful decision, who would you pick? Explain.

### Group Discussion

3. If we are to release regret we have to do the hard work of looking at our lives and answering some tough questions about our regrets. What difficult challenge have you recently faced? What made it challenging?
4. In your experience, what is needed to overcome a challenge?
5. When you hear the phrase “release regret,” what picture does that paint in your mind?

### Bible Discussion

6. Read Psalm 51. What words and phrases stand out to you most? In what ways do you relate to those words?
7. In what ways do you see the writer recognizing and releasing regrets in this song?

### Life Application

8. The process of letting go of our regrets is tied to forgiveness. When it comes to your regrets is it harder for you to receive forgiveness from others, extend it to others, or forgive yourself?
9. Lewis Smedes wrote that when we forgive, “you set a prisoner free, but you discover that the real prisoner was yourself.” In what ways can forgiving someone else set you free from regret?
10. God wants you to be free. God gave us his Son, Jesus, so all of us might experience forgiveness. What do you need to let go of to truly be free?