

Starting Over | Week 2 - Recognizing Your Regrets

Three Types of Regret

When we consider regrets, we really could place our regrets into three large categories or buckets of regret. Read through the descriptions below and talk about them as a group.

- **Regrets of Action** - These things make us smack our foreheads and say, “Ugh! I wish I’d never . . .” It could be a lie we told, a relationship we torpedoed, or a dumb choice we made.
- **Regrets of Inaction** - These are things we wish we would have done but didn’t. It could be opportunities missed, time wasted, or risks not taken.
- **Regrets of Reaction** – Sometimes, our greatest regrets start with something done to us. It could be abuse, neglect, betrayal, or an illness. When bad things happen to us, even if it was no fault of our own, we regret them. What can be problematic is what we do in response.

The Sorry Cycle

When we hold on to our regrets, we get stuck in what we call the (graphic) Sorry Cycle – a persistent pattern of longing and regret – longing to shake loose our regrets – longing to overcome them, but unable to let go of what we’ve done or not done or what’s been done TO us.



Opening Thoughts

Use these questions to get people thinking about the fact that we can deal with our regret in some unhealthy ways. In general, helping people see how this happens is fine since some people may not want to get too personal right out of the gate. Be patient with people if they don’t open up; they will when they feel safe.

Bible Discussion

Use these questions to help people see that he didn’t try to hide his sin and regret once David was exposed. As the king, he could have had Nathan thrown into prison or killed, but he doesn’t. He confessed his sin and asked for forgiveness.

Life Application Discussion

Use these questions to get people thinking about their need to face their regrets head-on. Your group members will need others around them to speak into their lives if they are truly going to start over. You might consider asking the group members to set up a way to connect between sessions. It could be a quick email, text, phone call, or meeting over coffee. If people are afraid of being honest about their regrets, they will need loving people who offer encouragement and support. Your group can help with the beginning of that process.

Closing Prayer

End your group time by thanking God for his grace and for the group to have the courage to face their regrets head-on in the coming week.

Next Steps

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? communitychristian.org/baptism
4. Have you read the Community Daily recently? How is it encouraging you and challenging you? communitychristian.org/daily
5. If anyone in your small group is seeking professional counseling, you can always refer them to our resource page: communitychristian.org/mentalhealth