

**Starting Over | Week 5 - Living Beyond Your Regrets****Message Big Idea**

Living beyond your regrets is not a one-time fix but a discipline God can help you employ whenever you need it.

**Scripture**

Acts 22:1-21

**Opening Thoughts and Discussions**

1. How have you been able to B.L.E.S.S. others recently?
2. What's one skill or hobby that you always pick up as if you never let it go (and you can't say a bicycle!)?
3. The Starting Over Loop is the cycle that happens when you begin to recognize, release, and redeem your regrets. How would your life look different if you could practice the Starting Over Loop with all your regrets?
4. Which do you think is the most challenging step in the Starting Over Loop?

**Bible Discussion**

5. Read Acts 22:1-21. How do you think Paul felt when he realized he was wrong about Jesus and his followers?
6. God gave Paul a chance to start over despite the severity of his sins. Paul even calls himself the worst of sinners (1 Timothy 1:15). What does that say about God if he can forgive the "worst of sinners?"
7. How did God redeem even Paul's deepest regrets, using them for the ultimate good and helping others find their way back to God?

**Life Application**

8. How do excuses keep us from walking through the Starting Over Loop?
9. How does Paul's story inspire or encourage you to live beyond regrets?
10. What steps do you need to take to make the starting over loop a regular part of dealing with life's deepest regrets?