

Do Over

When Grace Covers Our Regret (Wk.4)

LifeGroup Notes

TALK IT OVER

Main Idea

Regret is a great teacher, however, when regret settles into shame, we miss out on God's plans and calling on our life.

Key Scriptures

The Lord turned and looked at Peter. And Peter remembered the words of the Lord, how He had told him, "Before a rooster crows today, you will deny Me three times." And he went out and wept bitterly. Luke 22:61-61

Peter said to him, "Lord, I am ready to go with you both to prison and to death." Jesus said, "I tell you, Peter, the rooster will not crow this day, until you deny three times that you know me." Luke 22:33-34

"Bring some of the fish you've just caught," Jesus said. So Simon Peter went aboard and dragged the net to the shore. "Now come and have some breakfast!" Jesus said. John 21:10-12

After breakfast Jesus asked Simon Peter, "Simon son of John, do you love me more than these?" "Yes, Lord," Peter replied, "you know I love you." "Then feed my lambs," Jesus told him. John 21:15

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Confess your sins to one another and pray for one another, that you may be healed. James 5:16

Additional Ideas:

Shame corrodes the very part of us that believes we are capable of change.

- Brene' Brown

If pride is what goes before a fall, then shame is what keeps you from getting up after one. - Max Lucado

Start talking.

- What are some recent humorous regrets in your life?
- How has regret been a good teacher?
- Discuss the current popular celebrity phrase "I have no regrets, because they have made me what I am today." Do you agree or disagree?
- Describe ways that regret can settle into shame.

Start thinking.

- Sin has a typical pattern, seen most clearly in the Garden of Eden: Believe a Lie (you won't die from eating that apple), experience Pride (I should have that apple), get tangled in Shame (I need to hide from God). How have you seen this play out in your life or in another's life?
- Shame has a typical pattern:
 - Silence - embarrassment, feeling ashamed, avoidance of talking about what happened
 - Secrets - compartmentalization of sin, lies, lack of vulnerability, hiding behind a shroud of "I'm fine".
 - Sabotage - we believe the worst about ourselves and make decisions based on these accusations; if I feel this way about myself, so must God; I guess I am just a "liar", "cheat", "loser", __ (fill in the blank) __.
- What if Peter would have stayed stuck in the shame of his denial of Christ?
- How did Jesus offer grace and restoration throughout John Chapter 21?

Start sharing.

- Describe a time when someone showed you grace when they could have shown judgment. How does it feel when that happens?
- Discuss this statement: "If we keep holding onto our regret, long after forgiveness has taken place, then we are essentially saying that what Jesus did on the cross was not enough."
- How would our lives, and our families' lives, be impacted if we determined to release our regret and instead walk in forgiveness and freedom?

Start doing.

- After reading 1 John 1:9 and James 5:16, how can you take steps this week to bring regret and shame into the light?
- Grace is meant to be received *and* extended. What are ways to intentionally offer more grace to others this week?

Close in prayer.

Spend time thanking God for His grace in your life, and ask Him for the ability to understand it more. Ask Him to show you what it means in 2 Peter 3:18, to *grow* in the grace and knowledge of Him.