

“From Heavy Hearts to High Praise: The Power of Regret, Repent, and Rejoice”

Growth Group Guide

October 11, 2026

WELCOME *(Connecting with each other)*

Have you ever thought of regret, repentance, and rejoicing as powerful? Maybe repentance and rejoicing, but what about regret? It can seem like a heavy backpack. After hearing the sermon, how would you describe each of those, in one sentence, as powerful in the life of a Christian. Share examples from your own life if you feel comfortable.

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer praising Jesus for his never ending grace.

Proverbs 3:5 ESV. Trust in the LORD with all your heart, and do not lean on your own understanding.

Thank you, my loving and sovereign God, that my failure and mistakes are part of the “all things” You work together for good ... as well as my tensions and stresses, my hostile and anxious feelings, my regrets, my trips into shame and self-blame—and the specific things that trigger them. I praise you that “all things,” including these, can contribute to my spiritual growth and my experience of You ... I rejoice that these things keep reminding me to depend on You with all my heart ... How grateful I am for Your constant cleansing as I confess each sin You make me aware of ... I praise You that I’m free from condemnation simply because Christ died for me and rose again ... I praise You for how You use my sins and failures to humble me, and for how this opens me to the inflow of Your grace—amazing grace, that enables me to hold my head high, not in pride but in humble gratitude for Your undeserved, unchanging love and total cleansing! (Myers, Ruth; Myers, Warren. *Thirty-One Days of Praise: Enjoying God Anew* (31 Days Series) (p. 79). (Function). Kindle Edition.)

WORD *(Letting God speak to us)*

1. **Read Luke 18:10-14.** How do the contrasting postures of the Pharisee and the tax collector reveal the difference between self-righteousness and true humility before God?
2. In what ways do you find yourself identifying more with the Pharisee or the tax collector in your everyday prayer life?
3. In the sermon, there were 3 steps to help us move from Heavy Hearts to High Praise: Step 1, Regret. Step 2, Repent. Step 3, Rejoice. Let’s look at Step 1, Regret. **Read 2 Corinthians 7:10 and Psalms 51:17.** How do these verses address or encourage us when we have regret?
4. How can you distinguish between the paralyzing weight of worldly guilt and the constructive wake-up call of godly sorrow?

5. What does it look like in practical terms to bring a “broken and contrite heart” to God rather than trying to hide your past mistakes?
6. Moving to Step 2, Repent, **read Acts 3:19 and 1 John 1:9.** How does the imagery of a 180-degree turn change your perspective on what it means to actually repent of a recurring sin?
7. Why is it often so difficult to accept that God cleanses our slate completely without requiring us to clean ourselves up first?
8. Now Step 3, Rejoice! **Read Philippians 4:4 and Isaiah 43:18-19.** How does treating joy as a “thermostat” rather than a “thermometer” change how you respond to difficult circumstances or past regrets?
9. In what ways can looking or remembering Joy an an acrostic: Jesus- Others-You (J-O-Y) help you release any regrets?
10. As a group, summarize from this lesson ways we can practically hand our burdens of regret over to God so we can start fresh.
11. As a small group, what are some practical ways we can help each other “remember not the former things” and look for the new things God is doing?

WALK *(Living out God’s purposes)*

- ✓ What practical things were highlighted to you in this lesson that you can do this week for any regret you’re feeling? Talk to God about it, depend on Him, and by the power of the Spirit engage as He leads you. “...the inflow of [His] grace—amazing grace, [will] enable you to hold your head high, not in pride but in humble gratitude...”

WORLD *(Embracing God’s heart for others)*

Haitian Christian Mission opened schools this month, and the summer was full of God’s goodness: More than 600 students gathered this summer for VBS at 5 schools. This year’s theme centered on the beautiful truth found in Luke 18:15-17: every child is precious to the Lord. Throughout each VBS students were reminded that God knows them, loves them, cares for them through every circumstance, and invites each one to follow Him. At Fonds Parisien’s campus nearly 400 children worshiped together. Their voices filled the room with songs of praise as student leaders stood confidently at the front, leading their classmates in worship. For a little while, the uncertainty and hardships outside those walls faded into the background. They were simply children laughing, learning, worshipping, and experiencing the joy of being together in God’s presence. Across Fonds Cheval, Fonds Parisien, Fonds Varrettes, Nan Plaisir, and Thoman, students sang, danced, played games, performed skits, memorized Scripture, and shared gifts and talents they may not have had the courage to share otherwise. The greatest celebration came at Fonds Cheval where 14 students publicly accepted Christ as their Lord and Savior. Pray for teachers and students as a new school year begins. Pray for wisdom, strength, safety, and a joyful year of learning and discovering the hope of Christ. (Haitian Christian Mission monthly update, September 1, 2026.)

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