

# if

MARCH 11

NO REGRETS

## INTRODUCTION

This weekend we discussed “‘if only’ regrets” in the message “No Regrets.” These questions provide a framework to prompt or foster discussion in your small group. Don’t feel you have to use all or any of these questions and you don’t have to make it to the end! Use the questions that best fit your group and let discussion flow.

## DISCUSSION QUESTIONS

1. Have you ever experienced meal regret? If so, what meal do you wish you had tried? If not, what meal is your go-to favorite?
2. It was said in the message, “*Your greatest regret will not be things you did, but things you didn’t do but wish you had.*” Does this statement resonate with you?
3. Read **Romans 8:1-2**. God is not a condemning God, but the Holy Spirit does convict. *Condemnation* is feeling of guilt over confessed sin; once we confess sin, God has forgotten. Do you ever find it difficult to forgive yourself for sins you’ve already confessed? If so, why? If not, why not?
4. *God leverages our mistakes for his kingdom purposes while the enemy wants to leverage our regrets against us.* What is your response to this statement? Do you believe it? Why or why not? Have you ever experienced the enemy trying to leverage your regrets against you? How did you move through that?
5. What has regret kept you from doing? What can you do to take steps into what you’ve been called to do?

## MOVING FORWARD

The enemy wants to make you believe that you’re defined by what you’ve done wrong, but you’re not. God has redeemed you.” Read and pray through Romans 8 each day throughout this sermon series. Meditate each day on the verse that the Holy Spirit makes stand out to you, trying to memorize at least one verse each week.

## CHANGING YOUR MIND

*For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There’s no regret for that kind of sorrow. 2 Corinthians 7:10*