

"No regrets" has become somewhat of a cultural mantra. But the reality is, none of us will get through life without some level of regret—from choices we've made, from damaged relationships, from sin. The good news is, we don't have to live as prisoners to those regrets. In Christ, we can find freedom, forgiveness, and restoration.

## **Discussion Questions**

- 1. If you could be free of anything, what would it be? Anger or anxiety, a health problem, a pesky neighbor? How would your life be different without that person or thing?
- 2. **Read 2 Corinthians 7:10.** There are two kinds of sorrow: worldly sorrow and godly sorrow. What is the difference between the two? How can you tell if you or someone else is filled with worldly or godlysorrow?
- 3. When you look back on your life so far, what do you regret, big or small—a fashion choice, a haircut, an unhealthy relationship, or an angry outburst? How is that past regret affecting you today?
- 4. **Read Joel 2:25.** What have you lost or missed out on in life—whether from your own sin or because of something that was done to you? God promises to restore our lost years. So, what do you want Him to restore today?

## Challenge

Spend some time this week, specifically confessing your regrets and sins. Then, thank God for His grace and forgiveness in your life, releasing to Him whatever is weighing you down. Remember: You can't change your past, but Christ can change your future.

## **Commit to Memory**

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. **2 Corinthians 3:17**