



Session 2:

Unpacking Regret

To view the video for this session, go to <http://www.ariseministries.net/lightenup>

In this week's session, we discovered that regrets' tentacles come to us through three different venues, each one disarming our joy and effectiveness as a follower of Christ. We learned the difference between letting regret go or rescuing it. We don't have to be a captive to our list of wishful "do overs." Christ has given us a way to escape its ruin. Regret can serve a redeeming purpose.

*1. Of the three kinds of regret, to which one do you most relate? Explain.

2. How much space in your luggage does regret occupy? (Circle)

The left corner - The bottom layer - The entire suitcase

*3. Are you busier letting go of the regret or rescuing it?

*4. Knowing that God understands our dilemma, rewrite both God's command and promise in Isaiah 43:18.

5. Do you agree or disagree? *Sin takes us farther than we wanted to go, keeps us there longer than we wanted to stay, and fosters consequences we never wanted to consider.*

6. Read 2 Samuel 12:13. We see a combination of God's grace and justice. Explain the two.

*7. Herein lies the miracle of the cross. Write out Galatians 5:1. Circle the two key words.

8. How would your life look differently at home if you lived in Christ's freedom?

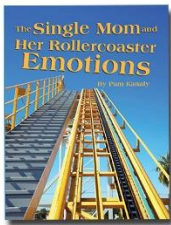
9. In the video you heard, *"It's time to exercise spiritual discipline on regret's behalf"*. Typically, what does discipline look like?

10. What is God saying about your choice to lighten' up and unpack regret?

My precious Heavenly Father, I despise what regret is doing to me. I know this is not your will for me to cling to what I cannot change. Release me from this oppression and make something useful out of these sorrows. Remind me that you're not finished with me yet. Empower me to forgive myself and others. Thank you that nothing can separate me from your love. In Jesus' name. Amen.

Notes for Thrive Group Discussion:

1. Briefly express your thoughts on the video, Session 2: Unpacking Regret.
2. Talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Identify a choice you need to make this week, one that will honor God.
5. Consider ways to release regret.



For a deeper study, take advantage of Pam Kanaly's book – *The Single Mom and Her Rollercoaster Emotions*. Enjoy the material - the book, the MP3 version or the CD set. (www.ariseministries.net/store)

To connect with a **Thrive Group**, inquire at www.ariseministries.net/thrive.

To share your thoughts regarding this study, contact us at connect@ariseministries.net.

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