

# Redeeming Regret

## Soundtracks Vol II – Part 4

### September 1, 2024

#### Discussion Questions:

Begin by reading Romans 8 out loud together as a group.

- 1. Reflecting on Regret:** Think about a past regret that you've struggled with. How has this regret affected your life, and what steps have you taken (or could you take) to not let it bury you, but instead to use it as a catalyst for growth?
- 2. Learning from the Past:** Romans 8:28 says that "God works all things together for good." How have you seen God bring good out of a regretful situation in your life? What lessons did you learn, and how are you applying them to your present or future?
- 3. Moving Forward with Purpose:** How do you balance looking back to learn from your past while also moving forward to live fully in the present? What practical steps can you take to ensure you're not stuck in the past but are using it to propel you into the future God has for you?
- 4. Trusting God's Plan:** Romans 8:1 reminds us that "there is now no condemnation for those who are in Christ Jesus." Are you convinced you are no longer condemned? How does this truth help you deal with your regrets? How can you better trust that God has a good plan for your life, even when you feel weighed down by past mistakes?