

# YOU ARE NOT ALONE IN YOUR REGRETS

*God's word to those with regrets:*

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Proverbs 19:21; Romans 8:28; Ephesians 1:11

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Isaiah 43:18-19; 55:8-9; Romans 8:29

## TRANSFORMED BY THE TRUTH

Questions for Reflection & Discussion

1. Looking in the rear-view mirror of your life, what do you regret most deeply? How has your life been changed by that plot twist?
2. Read Romans 8:28 and Ephesians 1:11. What do these two verses say about the worst moments, days and seasons of your life? How have you seen God bring good out of bad?
3. Read Isaiah 43:18-19 and Isaiah 55:8-9. How has God used trials and/or tragedies to change your goals in life? What has God been doing all along that you are just now beginning to recognize?
4. Read Romans 8:29. What is your primary goal in life? What is God's primary goal for your life?
5. What truth(s) did you learn from Sunday's message that you can share with others who confide in you about their regrets?