



Week 4: Starting Over “Rethink It”

This is the opportunity for your group will discover what God might be saying to you out of the weekend experience, and how you can respond through a group discussion.

**This guide is designed to help you create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.*

DISCUSSION QUESTIONS

Break the ice: Share a random thing you have changed your mind about over time (ex: maybe you used to think Taylor Swift was overrated but now you're into her, or a food/drink that you used to love but now you can't stand, etc.)

1. What stood out to you the most from the weekend message? Why did that stand out to you most?
2. What's one thing from your past, big or small, that if you could go back in time, you would do differently?
3. When evaluating past regrets, why do you think people often stop short of really answering the question, “What was I thinking?”
4. Below are 5 Lethal Assumptions Curt talked about during this past weekend, which of these did you identify with? Why?

5 LETHAL ASSUMPTIONS

1. If I find the right person everything will be alright
 2. My situation is unique
 3. If I only had _____ then I would be satisfied
 4. My secret is safe with me
 5. Sex will solve it
5. Talk about a time when you made a mistake because you believed your situation was unique. How did you discover you weren't alone, that other people had experienced similar situations? How did that change your perspective and your situation?

Read Romans 12:1-2

Therefore, I urge you, brothers and sisters in view of God's mercy to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.

*Adapted from Northpoint Resources, Starting Over



6. What is one area of your life where you're trying to put on the new without first taking off the old? What is one thing you can do this week to begin to renew your mind in this area?

Wrap It Up: Make sure to go around the circle and pray for each other at the end of your meeting, and any ways you can support each other throughout the week.

More from the Weekend

Join us next weekend for the conclusion of the series Starting Over, as we look at how to let go of the past so the past can let go of you. Remember to invite your friends & family. See you next week!