

INSOMNIAC

— what keeps you up at night? —

WEEK 1: RESURFACING FROM REGRET

WELCOME

Today we begin the INSOMNIAC series. On a normal night, how long does it take you to fall asleep? Do you hit the pillow and go right out or does it take a while? For however long it takes to fall asleep, what goes through your mind as you wait for sleep to come?

WORSHIP

Whether or not sleep comes easily for you, the Lord brought each one of us through last night. Psalm 4:8 says, *In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.* Psalm 4:8 NLT. From another translation, verse 8 says: *I can lie down and sleep soundly because you, LORD, will keep me safe.* Perhaps several who know the blessing of peaceful sleep can open the meeting with prayer, praising God for his watch care through the night. Ask him to lead this time that our regrets might rest on him.

WORD

1. The weekend message was entitled, “Resurfacing from Regret.” Where did God speak to you from the Scripture or teaching? (Hebrews 6:19a, 1 Corinthians 10:12, Proverbs 28:13, Ecclesiastes 4:9-10, 1 Peter 1:3-4)
2. What is the difference between regret and repentance? Let 2 Corinthians 7:10 help you with your answer: *For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There’s **no regret** for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.* (NLT)
3. Bryan talked about “owning our regret.” How did Peter and Judas do that differently?

4. What would you say are common regrets expressed by those who know they are near the end of life?
5. As a Group, select one “end of life” regret and then discuss a) does this concern you personally? b) What can be done now to keep it from being a concern later?
6. Back to the here and now. Where is the Lord showing you that you’ve been carrying something for too long?
7. In addition to owning it, what does **diving toward Jesus** mean to you? How can you dive deeper?
8. If you have shared a regret with the Group, would it be OK for the Group to pray for you now? Note to Group: This is not the time for advice or quick fixes. Read these Scriptures and let the Lord direct the prayer and the move of His Spirit. (Isaiah 43:18-19; Philippians 3:13; Mark 8:36)

WORKS & WITNESS

1. A prominent reaction to loss is regret. Anne Frank once said, “Dead people receive more flowers than the living ones, because regret is stronger than gratitude.” Let those words sink in. Think of your parents, your siblings, your grandparents. How many times have you given them flowers? How many times have you expressed your gratitude for them and all they do for you? How many times have you thanked them for the tremendous sacrifices they’ve made for you? Is there anyone you would send flowers to this week?
2. Is there is a family member you’ve stopped reaching out to, because they never return the concern? Would there be an appropriate way to just let them know you are thinking about them and wish them well?