



**Not Feelin' It**  
**3-Apr:** Regret & Shame

**Series Summary:** How I feel is not my God. Just because we feel a certain way does not mean that emotion is from God, or acting on that emotion is God-honoring. Instead, we take hold of every thought and submit that thought or emotion to God.

**Big Idea/Question:** Regret will cripple us in our faith. Walking in conviction because we are convicted strengthens our faith.

---

## GET THEM TALKING

Who here has regretted or felt ashamed of what they did or said?

Don't worry we are not going to drag out your deepest and darkest sin to the entire group. But if you do want to talk about some past regret and shame we can, by all means, talk one-on-one.

What do we do when we feel regret and shame?

- To put it another way, if a friend came up to you and confessed their deepest darkest mistake that they deeply regretted and felt ashamed of, what would you say to them? What would be your advice to them?

## VIDEO TEACHING

## Shame vs Conviction

When we feel shamed it is easy for us to believe that we are responding to sin in the right way. But is it? Shame is saying I am my own worst mistake. I am unforgivable. Scripture says otherwise.

**John 3:16-18** For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. 18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

Because of the Gospel, we are freely forgiven once and for all. But this does not mean that we take sin lightly. Instead, it means we trade in shame for conviction.

- Shame says I am unforgivable..... Conviction says because I am forgiven I am walking away from my sin.
- Shame says I am my own worst mistake.... Conviction says I am who God says I am, forgiven and loved
- Shame leads us away from Christ.... Conviction and repentance lead us closer and closer to Him.

**Transition** - so how do we go about walking in conviction rather than living in shame.

## GROUP DISCUSSION

(danger of denial)

**1 John 1:8-10** If we claim to be without sin, we deceive ourselves and the truth is not in us. **9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. **10** If we claim we have not sinned, we make him out to be a liar and his word is not in us.

Vs 8 - Why do we try to convince ourselves that we never sin?

Vs 8 - How is ignoring the sin in our lives so dangerous to our faith and testimony?

Vs 9 - What is John teaching us about confession?

We are forgiven the moment we believe in Jesus Christ. So why is it so important that we continually confess our sins to God?

**Leader Note:** It is true that we are eternally forgiven the moment we believe in Jesus (Justification). The eternal consequence of our sin, death and Hell, are no more. But that does not mean we should take our sin lightly. It also does not mean that our current sinful habits do not hinder our relationship with God and our ability to share the Gospel. The truth is that if we value what Jesus did on the cross we will continually confess our sins to God. Why? Because we desire to walk as closely with the Lord as possible.

It is easy for us to believe that God has had enough of us when we feel regret and shame. We convince ourselves that God has given us enough second chances and he has given up on us. But when we feel this way and are buying into that lie we need to trust in scripture, not our emotions. Here is what scripture has to say about it.

## GROUP DISCUSSION

(God's response)

**2 Peter 3:8-9** But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. **9** The Lord is not slow in keeping his promise, as some understand slowness. Instead, he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

What does this passage teach us about God's nature (character)?

How should the fact that God is patient change how we pray to God when we feel regret and shame?

**Leader Note:** God is patient. He is patient in a way that is hard for us to fathom. We can be patient when what we are waiting for is worthwhile and valuable (think the chick-fil-a line). But God is patient with us when we have nothing to offer him. His patience is based on his unending love for us.

Why does this matter when we feel regret and shame?

**Leader Note:** Part of our mindset when we feel regret and shame is that God has run out of patience with us. While it may be true that people around you have run out of patience. The same is not true about God. God is patient. He is being patient in appointing the proper time when Christ will return one day(vs 8). God is patient in waiting for as many as will to believe in Him (vs 9). God is patient with us because he loves us.