

OVERWHELMED

What do I do?



WEEK 2: WHEN REGRET IS OVERWHELMING

GROUP DISCUSSION GUIDE

PREPARE

Listen and subscribe to the Mariners Life Group Leader Podcast.

If you missed the weekend message or want to review specific points, you can always watch, listen, and find bulletin notes online at marinerschurch.org/messages.

MAIN POINT

Regrets over our foolish choices, and we have all made them, can haunt us. Regret, shame, and guilt are common words that articulate the overwhelming emotions that can sap our joy and rob our freedom. God does not want you to carry shame and regret. Receive the good news that He has carried sin and shame away for those who believe in Him.

LEAN IN BREAK THE ICE

Do you tend to be more of an impulse or planned out spender?

When was a time you purchased something then ended up not using it or returning it?

Read Psalm 51

1 Be gracious to me, God, according to your faithful love; according to your abundant compassion, blot out my rebellion. 2 Completely wash away my guilt and cleanse me from my sin. 3 For I am conscious of my rebellion, and my sin is always before me. 4 Against you-you alone-I have sinned and done this evil in your sight. so you are right when you pass sentence; you are blameless when you judge. 5 Indeed, I was guilty when I was born; I was sinful when my mother conceived me.

6 Surely you desire integrity in the inner self, and you teach me wisdom deep within. 7 Purify me with hyssop, and I will be clean; was me and I will be whiter than snow. 8 Let me hear joy and gladness; let the bones you have crushed rejoice. 9 Turn your face away from my sins and blot out all my guilty.

10 God, create a clean heart for me and renew a steadfast spirit within me. 11 Do not banish me from your presence or take your Holy Spirit from me. 12 Restore the joy of your salvation to me, and sustain me by giving me a willing spirit. 13 Then I will teach the rebellious your ways, and sinners will return to you.

14 Save me from the guilt of bloodshed, God-God of my salvation-and my tongue will sing of your righteousness. 15 Lord, open my lips, and my mouth will declare your praise. 16 You do not want a sacrifice, or I would give it; you are not pleased with a burnt offering. 17 The sacrifice pleasing to God is a broken spirit. You will not despise a broken and humbled heart, God.

18 In your good pleasure, cause Zion to prosper; build the walls of Jerusalem. 19 Then you will delight in righteous sacrifices, whole burnt offerings; then bulls will be offered on your altar.

What are some of the requests that David makes of God in Psalm 51?

What do you learn about the effects of sin and the power of forgiveness from the passage?

**LOOK OUT
IDENTIFY THE
RELEVANCE OF
GOD'S WORD IN
THE WORLD**

Why are people so often tempted to blame others for their own sin?

How does the grace of God affect our sin and regret?

**LOOK IN
APPLY GOD'S
WORD TO YOUR
LIFE**

Are you holding on to any regrets that can be blotted out by the blood of Jesus? Share them and pray for one another.