

COMING HOME FOR CHRISTMAS

WAKING UP TO REGRETS

DECEMBER 8

GROUP NORMS

Be courageous, be compassionate, be connected
Be a cog...not a hog or a log
Be a listener...not a fixer

NOTE: Don't feel the pressure to ask all of these questions. You may want to prioritize which ones you think will generate the most discussion within your group. There are a few cues for personal reflection that the group leader may also bring into the discussion if time and group dynamics allow.

SUMMARY

In Wake Up to Regret, part of our Coming Home for Christmas series, we explored the pivotal moment in the Parable of the Lost Son when he "came to his senses" (Luke 15:17-20). This wake-up call to regret marked the turning point in his journey home to his father. Regret, while painful, is not meant to hold us back—it's meant to propel us forward into repentance and a new direction. God's grace meets us in our regret, offering forgiveness, freedom, and fullness of life. Coming home to God begins with turning from what pulls us away and stepping toward Him.

DISCUSSION

Ice Breaker: What's one thing you've ever wanted to undo in life—something small, like a bad haircut, an awkward text, or a regrettable fashion choice?

General Discussion:

Have you ever had a moment when you "came to your senses" about a situation? What changed for you afterward?

Read Luke 15:17-20 In Luke 15:17-20, the lost son recognizes his regret and decides to return to his father

What stands out to you about his mindset in this moment, and how do you see God's heart reflected in this story?

Why do you think it's so hard for people to move past regret? What makes regret linger, and how can we overcome it?

Is there an area in your life where regret is holding you back from moving forward with God?

What step of repentance or turning back could you take this week?

Prayer Guide:

Spend time thanking God for His grace that meets us in our regrets. Pray for hearts to be open to repentance, for courage to take steps toward God, and for anyone who feels stuck to experience the freedom and fullness of life that Jesus offers.