



## **OWNED, Part 1**

### **INTRODUCTION**

It feels great on the days when we own our worlds. But what about the days when we feel owned? Sorrow and regret about the past can own us. It kills our spirits and steals our hopes and dreams. We all have things in our past that we wish we could change. But what if there's a way to live a life that doesn't leave you saying, "I wish I had . . ." or "I wish I hadn't . . . "?

### **DISCUSSION QUESTIONS**

1. What is something you "owned" this week? How did it feel?
2. How were you "owned" this week? How did you respond?
3. Talk about regret you've seen in someone else's life. Did that person own his or her regret or did the regret own them? How did it play out in that person's life?
4. What are some of the regrets, small or large, that you carry around?
5. Do you own your regrets or do they own you? How has that affected your life?
6. What can you do this week to hand your regrets over to God so they don't kill your spirit, hopes, and dreams? What can this group do to support you?

### **MOVING FORWARD**

All sorrow isn't bad. Godly sorrow leads us to repentance and salvation. It leaves us with no regret. We remember our pasts, but are eager to make right what we can and hand the rest over to our heavenly Father. Godly sorrow makes us free.

### **CHANGING YOUR MIND**

*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*

**2 Corinthians 7:10**