



# CHOICES

February 10<sup>th</sup>, 2019 | DISCIPLINE OVER REGRET  
Pastor Kevin Simmons

## THE CHOICE OF DISCIPLINE

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## IMPORTANT QUESTIONS

#1 – WHAT DO WANT \_\_\_\_\_?

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#2 – WHAT DO YOU NEED TO \_\_\_\_\_ TO  
ACHIEVE WHAT YOU WANT \_\_\_\_\_?

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## LIVING FREE OF REGRETS

1. \_\_\_\_\_ what is \_\_\_\_\_.
2. Embrace \_\_\_\_\_ as a part of the \_\_\_\_\_.
3. Confess your \_\_\_\_\_ to God and ask Him to rescue you.
4. Refuse to let \_\_\_\_\_.

## WHAT IS GOD SAYING TO ME TODAY?

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# TALK IT OVER TOGETHER

Here's how to process this week's message together with your friends and family!

## HERE ARE SOME QUESTIONS TO HELP YOU PROCESS THE MESSAGE:

Start talking. Find a conversation starter.

- Have you ever signed up for a gym? How many times? How long did it last?
- Which is hardest to pass up? A tasty treat, a great sale, or mindless binge-watching?

Start thinking. Ask questions to get your group thinking.

- Discipline is choosing between what you want now and what you want most. How does that statement play out in your own life?
- Why do you think our actions tend to favor the pain of regret over the pain of discipline?

Start sharing. Choose questions that create openness.

- What do you want most? Invite God's guidance into your answer.
- What are some areas in your life where you feel you lack discipline? What will your life look like in five years if you don't make changes?
- What goals could you set that would require you to rely on God's strength and grace?
- Share a story of when you were able to choose discipline over regret. What worked for you?

## TAKING THE NEXT STEPS

What is most important in your life? What do you need God to help you with as you choose to be disciplined?

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## TAKE A MOMENT TO REFLECT & PRAY:

*Holy Spirit, we need your power. We are so weak. We know what to do, and then we do what we know we shouldn't. Will you give us the ideas, power, and grace to stick with discipline? Amen.*

## SCRIPTURES TO FOCUS ON THIS WEEK

*"No discipline is enjoyable while it is happening—it's painful! But afterward there will be a peaceful harvest of right living for those who are trained in this way." Hebrews 12:11*