

Live Beyond Regret Sermon Series

“Two Prescriptions”

First Prescription: Communicate (with God)

“One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.” 2 He said to them, “When you pray, say: “Father, hallowed be your name, your kingdom come...(Luke 11:1-2)

What ideas come to mind to help me improve in this area?

Second Prescription: Confession (to God)

Blessed is the one whose transgressions are forgiven, whose sins are covered. 2 Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit. 3 When I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord.” And you forgave the guilt of my sin. (Psalm 32:1-5)

When might I do more of this?

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace.” (Matthew 11:28-29 - The MSG)

Devotional/Discussion Guide

- Begin with prayer. If you are in a group, this is important and if you are by yourself, it is equally important. Ask God to guide your time.
- Read John 15:1-5. If you don’t know much about the grape growing process you might want to do a little more research; but, you can probably get the point. What do you think Jesus is saying here? Why is it important?
- Consider getting and reading the book, “One Month to Live” by Kerry and Chris Shook. It’s where this sermon series is getting many ideas. For this particular message they help us

look at the concept of being spiritual healthy. With that in mind, how would you assess your spiritual health?

- What kind of spiritual energy do you have? Read the passage as translated in The Message from Matthew 11 at the bottom of the other side. Why do people get worn out on religion? Have you ever been worn out? What is different about Jesus coming into the scene? Isn't Jesus "religious?"
- Why is communication between individuals important
-
- Is communication with God important? If so, how and when should it happen? If not, why not?
- Read the passage from Psalm 32 under the second point on the reverse side. What do you think might be going on in the psalmist's life? Have you ever felt similar?
- Do you believe that God forgets about the sin He forgives? If He does, why can't we? Where can we get some help with this?
- Close your time with prayer. Pray not only for yourselves but for the needs of your group, family, this church and school as well please.