



Starting Over Viewer Guide

Session 1: Three Myths

Discussion Questions:

1. Did you hear anything in the video that really stood out to you or that you may even disagree with?
2. In the scenarios below, which of the myths that Andy mentioned is at play, and how might you respond to a friend dealing with that situation?
 - Experience myth: Experience makes me wiser.
 - Knowledge myth: Since I know better, I'll do better.
 - Time myth: Time is against me.

Scenario #1

A friend's divorce was finalized about a month ago, she tells you she met someone she's interested in, but she isn't sure she should begin dating again.

Scenario #2

You have a close friend who has struggled with alcoholism but has been sober for almost five years. He says he's stopped attending Alcoholics Anonymous meetings because he knows what he needs to stay sober.

Scenario #3

A friend lost a significant amount of money in an investment deal. He tells you about a risky new investment option that he thinks may help him make back the money.

3. Does the idea of "redeeming" a piece of your past (making good come from it) give you hope, or would you rather leave it in your past? Explain.

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4. Romans 8:28 reads: And we know that in all things God works for the good of those who love Him.

Explain how this verse makes you feel. Is it helpful to you? Is it difficult for you to believe?

5. Have you seen God use something painful in someone you know and turn it into something good?

6. In what area of your life do you hope next time is different than last time?

How do you want God to help you?