

# Journey CHURCH

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## Starting Over Leader Guide

### Session 1: Three Myths

#### Video Recap:

Starting Over: How to ensure next time won't be like last time.

We learn from our mistakes in the areas that matter least.

We repeat our mistakes in the areas that matter most.

#### When we're faced with starting over, three myths cause us to repeat our mistakes:

1. **Myth:** Experience makes us wiser. **Truth:** Evaluated experience makes you wiser.
2. **Myth:** Since I know better, I'll do better. **Truth:** Know better does not equal Ability to do better.
3. **Myth:** Time is against me. **Truth:** Time is your Friend.

#### "Starting Over" Stories in the Bible.

- \_\_\_\_\_ killed an Egyptian and returned to Egypt 40 years later to free Israel from slavery. ( Exodus 2-12)
- David went from shepherd boy to king. (1 Samuel 16)
- The apostle \_\_\_\_\_ went from persecutor of Christians to church planter. ( Acts 9)

#### What do they have in common?

Each person returned with divine \_\_\_\_\_ and an abiding

\_\_\_\_\_.

- **Destiny:** I know God has something for me. He will redeem my past – the pain and my failures.
- **Humility:** I have confidence in God rather than in myself.

You can't rush a start over. Remember that time is your friend. And if you allow him, God will redeem the failure of last time, and next time will be better.

## 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.
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?

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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?