



Discussion Guide for the week of August 24, 2011

Sermon Topic: The High Cost of Regret – Psalm 90:9-12 – Matt Cassidy

Introduction: We start our fall series called “All In” with a reflection on not coming to the end of our life and looking back in regret. The Psalm instructs us to “teach us to number our days...”

Study Questions:

- 1. The Future is more important than the Present. Regret is greater than Fear. Therefore Future Regret is greater than Present Fear. What does this statement mean? Do you agree or disagree with it? Give examples of people you know that demonstrate a life full of regret.**
- 2. Read Psalm 90:9-12. What perspective about life do you gain from this passage? If life is hard and full of difficulties, what would make life worthwhile? What do you think is meant by “teach us to number our days”? What lessons could be learned if we “numbered our days”?**
- 3. Chair # 1 – Foundational Phase – age 0 – 10 years. What are the foundational things that develop at this phase of life? Why is it important for a teen to individuate from their parents? Why is there such a struggle with loneliness in this phase?**
- 4. Chair # 2 – Early Adulthood - age 18 – 35 years. Why is it important to address the issue of intimacy in this phase? Intimacy being the ability to give and receive love. How do fears and insecurities begin to bottle us up? How have you seen this to be true in your life? How do these present fears build future regrets?**
- 5. Chair # 3 – Middle Adulthood – age 35 – 60 years. This is when you move to being a giver to others, serving another generation. How does a person stagnate if they continue to think it’s “all about me”? Late Adulthood – age 60 years – death, either walking in ego integrity or living in regret.**
- 6. What are you afraid of at this phase of your life? Do you really want to change or are you stuck? What are you doing now or need to do now to address issues so you won’t live with regret later? Read Titus 3:4-5. How do you need to trust the Lord’s power and grace to change deep-seated issues in your life? How does trusting Jesus to save us from the price of sin connect us to God’s power to change us?**
- 7. Write your obituary, if you were to die this week. Write the one you would like written if you were to live to 80 years old.**