



PRINCE
of PEACE
LUTHERAN
CHURCH

Discussion Guide / Week 2/ Forgiveness: the Relief from Regret

Opening

Share a high/low from your week or a thought from the discussion on 'Grace' that has stayed with you

Dig In

What small regret—funny, embarrassing, or serious—came to mind during the message?

Which type of regret weighs on you most: silly mistakes, missed chances, or relational wounds? Why?

Technology has changed regret. Social media, screenshots, and digital permanence mean nothing truly disappears.

How has technology made regret feel heavier or more permanent?

Some regrets build into shame—especially relational ones.

Why do regrets involving people (family, coworkers, friends) tend to stick the longest?

Live It

We have all heard stories forgiveness that go deeper than late fees erased, HECS debt reduced.

How do real stories of debt being forgiven help you understand the nature that forgiveness is divine?

Kelly Connor's story showed how someone can be forgiven by others but unable to forgive themselves.

Why is self-forgiveness often the hardest form of forgiveness?

Read her full story: <https://www.theforgivenessproject.com/stories-library/kelly-connor/>

Read Luke 7:36-50

What does Jesus' willingness to forgive reveal about His heart toward people drowning in regret?

Romans 5:8 reminds us that God forgave us "*while we were still sinners.*"

How does it change things to know that God's forgiveness comes before confession, cleanup, or self-improvement?

Wrap Up

Forgiveness is the big relief from regret—relief we cannot create on our own.

Reflection: Where do you need to experience *the relief of being forgiven*—not by trying harder, but by receiving the forgiveness Jesus already offered?

Pray as a group for each other and for your study of God's Word.