

## NOTES

### I HAVE NO REGRETS

PHILIPPIANS 3:4-14

\_\_\_\_\_ your regrets. (Philippians 3:4-6)

\_\_\_\_\_ your regrets. (Philippians 3:7-11)

\_\_\_\_\_ your regrets. (Philippians 3:12-14)

### DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

- 1 . Why do people say, “I have no regrets”? What do they mean by that?
- 2 . What are the two main sources of regret? Which do you experience more of?
- 3 . Why is it hard to acknowledge our regrets?
- 4 . In what areas of your life do you feel the most regret?
- 5 . How do “the righteousness that comes from God” (3:9) and “the resurrection from the dead” (3:11) help with regret?
- 6 . How have you have learned from and grown from past failures?