

# STARTING OVER

## PART 3: Rethink It

### INTRODUCTION

We learn from our mistakes in the areas that matter least. We repeat our mistakes in the areas that matter most. Too often, we look at our pasts and our decisions don't even make sense to us. We end up asking, "*What was I thinking?*"

But how do we avoid getting stuck in cycles of repeated mistakes that take our lives down the wrong paths?

### DISCUSSION QUESTIONS

1. What's one thing from your past, big or small, you wish you could "do over." If you could go back in time, what would you do differently?
2. Talk about a time when you saw someone make a mistake even though everyone around him or her warned that it was a mistake. Why do you think that person was unable to recognize that he or she was making a mistake even though it was obvious to everyone else?
3. When have you believed that if you only had something or someone, you'd be satisfied with your life? If you finally obtained that something or someone, what was the result?
4. One of the Seven Lethal Assumptions Andy talked about during the message was, "*My secret is safe with me.*" Do you agree that it's dangerous to live with secrets? Why or why not?
5. Talk about a time when you made a mistake because you believed your situation was unique. How did you discover you weren't alone, that other people had experienced similar situations? How did that change your perspective and your situation?
6. Read Romans 12:1-2. What is one area of your life where you're trying to put on the new without first taking off the old? What is one thing you can do this week to begin to renew your mind in this area? What can this group do to support you?

### MOVING FORWARD

Don't end up asking, "*What was I thinking?*" Don't be a conformer. Be a transformer. Next time can be better than last time if you renew your mind.

### CHANGING YOUR MIND

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

**Romans 12:2**

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## THE SEVEN LETHAL ASSUMPTIONS

If you want to break the cycle of repeated mistakes, regret and resolve aren't enough. You can't will yourself into a different future. If you think the way you used to think, you'll do the things you used to do.

Here are Seven Lethal Assumptions people make:

1. "If I can find the *right* person, everything will be *all right*."  
When you use a relationship as an escape strategy, you undermine that relationship. Relationships are not designed for rescue.
2. "My situation is unique."  
This is what we say to avoid good advice. You are not the exception to the rule. You are unique, but your situation isn't.
3. "It's not *right*, but it makes me *happy*. God wants me to be happy."  
If it's not right, things won't turn out right.
4. "If only I had \_\_\_\_\_, then I would be *satisfied*."  
Things don't satisfy. If you feed an appetite, it grows. The more you have, the more you want.
5. "'I owe' is better than 'I want.'"  
This is backwards. "I want" is always better than "I owe."
6. "My secret is safe with me."  
Secrets leak. And when they do, they sink relationships.
7. "Sex will solve it."  
Sex will complicate it. Sex will make it even more difficult to do the right thing. Sex will create obligation.

If you want to break the cycle of repeated mistakes, *rethink it*.