

# breaking free

4. Read the following Scriptures. Beside each reference, write one thing the Lord is making you aware of—even today—regarding your enemy and how you can stand firm against the devil.

Job 1:6-7

Ephesians 6:10-12

Zechariah 3:1-2

Jude vv5-7

Daniel 10:10-14

Revelation 12:7-12

John 8:42-47

Revelation 20:1-3, 7-10

**Text: Genesis 3:8-19, I Corinthians 6:15-20**

## The Plain Truth

God \_\_\_\_\_ us to turn our Regrets  
into Redirection.

- 1) Sin cannot be \_\_\_\_\_.
- 2) Sin has generational \_\_\_\_\_ but \_\_\_\_\_ has a greater ripple effect.
- 3) Sin will not have the \_\_\_\_\_.

### One Year Bible Reading

Oct. 26: Jeremiah 49:23-50:46, Titus 1:1-16, Psalm 97:1-98:9, Proverbs 26:13-16  
Oct. 27: Jeremiah 51:1-53, Titus 2:1-15, Psalm 99:1-9, Proverbs 26:17  
Oct. 28: Jeremiah 51:54-52:34, Titus 3:1-15, Psalm 100:1-5, Proverbs 26:18-19  
Oct. 29: Lamentations 1:1-2:22, Philemon 1:1-25, Psalm 101:1-8, Proverbs 26:20  
Oct. 30: Lamentations 3:1-66, Hebrews 1:1-14, Psalm 102:1-28, Proverbs 26:21-22  
Oct. 31: Lamentations 4:1-5:22, Hebrews 2:1-18, Psalm 103:1-22, Proverbs 26:23  
Nov. 1: Ezekiel 1:1-3:15, Hebrews 3:1-19, Psalm 104:1-23, Proverbs 26:24-26

October 25 & 26, 2014

# Breaking Free

## Turning... Regrets into Redirection

Life Group Lesson • Week of October 26

Let's face it, most of us have regrets of some sort—moments we wish we could do over, words we would take back if given the chance. Hollywood has made many movies depicting the impossible, a person given the chance to reverse time and make things right. One of the most beloved stories in literature is *The Christmas Carol*. In it Ebenezer Scrooge is given a divine chance to change his future by facing his past and coming to terms with his present. What are your regrets? What would you “re-do” if you could? But since reversing time is impossible, the more important question may be: what changes do you need to make today to redirect tomorrow?

### Read Genesis 3:8-19

Eve was tricked into believing she could elevate her position in paradise. She did not know the one lying to her had already lost his place and position before God (\*see *Our Enemy* at the close of the lesson). Without thinking, without consulting Adam, without asking the Lord, she believed the serpent and made an irreversible choice—she ate fruit from the tree in the middle of the Garden, fruit from the tree God had warned would lead to death (see Genesis 2:15-17). Not only did she disobey the Lord by eating the fruit, but influenced her husband to do the same. “At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves” (Genesis 3:7).

1. In the space below name at least one regret you carry.

How did your choice affect you and those around you?

2. According to the following Scriptures, what has been the outcome of Eve's and Adam's choice that pivotal moment?

Genesis 3:23-24    1Corinthians 15:21-22    1 Timothy 2:14    1 Peter 3:18

Like a disease sin came into the world through Adam and Eve. Although our sin distances us from God, it does not take God by surprise. God chose Christ as the ransom for sin long before the world began (see 1 Peter 1:20). Sin no longer holds the power to keep us from eternal life. God sent His Son, the Lord Jesus Christ, to pay the death penalty for our sin. The Bible says, “it was our sorrow that weighed Him down...He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed...the LORD laid on Him the sins of us all” (see Isaiah 53:4-6). Through His death Christ broke the power of sin, and through His resurrection He opened the gates of heaven for all who believe.

In Christ we have access to resurrection power—power to break free from sin's grip. When we confess our sin to the Lord and begin *daily* turning away from sin, the Lord begins to redirect our lives. We still face the consequences of our actions, but the Lord promises to never leave us or forsake us. In fact, the Lord is ready to “lavish unfailing love for a thousand generations” on those who love Him and obey His commands (see Exodus 20:6). He promises to spread His protection over us and surround us with a shield of love (see Psalm 5:11-12).

3. Perhaps you have experienced redirection through confession and repentance. If so, how are you beginning to see God work on your behalf and turn things around for good?

How is God's regenerating work in your life affecting those around you?

God wants us to break free from a life full of regrets. According to Genesis 4:25-26, the Lord gave Eve new purpose when He allowed her and Adam to have a third son. God gave Eve Seth, and it was through the lineage of Seth that Abraham would be born, and later King David, and finally the Lord Jesus Christ. Only God is good, only God can forgive sin, and only God can turn our regrets into redirection.

### \*Our Enemy—

But know that we also have an enemy that actively and strategically seeks to bring us down. The Bible warns us: “Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour” (1 Peter 5:8). The more you strive to live for Christ the harder the enemy will come against you and your family. That is why we are told to “stand firm against him” and be strong in our faith (see also 1 Peter 5:9). From the beginning Satan has been a murderer, a liar, a deceiver, and an accuser of God's children. And yet, his time is limited. ( over to next page)