



If you could go back in time, what would you change?

Nobody wants to live with regret.

"The regrets I have are strong enough that I wouldn't share them. I think that you can't live without suffering some." – Ron Howard

You can safeguard your life from future regrets.

1. Be careful how you live.

So be **careful** how you live. Don't live like **fools**, but like those who are **wise**. *Ephesians 5:15*

2. Be intentional with your time.

Make the most of every opportunity in these evil days. *Ephesians 5:16*

"If you fail to plan, you are planning to fail." – Benjamin Franklin

3. Understand God's will.

Don't act thoughtlessly, but understand what the Lord wants you to do. *Ephesians 5:17*

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will **learn to know God's will for you**, which is good and pleasing and perfect. *Romans 12:2*

Group Prep

In preparation for your small group, please read Ephesians 5 and answer the following discussion questions prior to attending.

Introduction

In the movie Back to the Future, Marty McFly travels in a time machine from the year 1985 all the way back to 1955. When Marty accidentally bumps into his teenage parents, he unintentionally changes the future. This leads us to the question, "If you could go back in time, what would you change about your past in order to alter your future?" But since we don't yet have the technology to do this, an even better question is, "How do we safeguard our lives from future regrets?"

Discussion Questions

1. The aspects of our life we'd change are evident in the regrets we carry. What bad advice do you wish you wouldn't have followed? If you could go back in time, what would you change? What regrets might you be carrying?

2. What is one thing that stuck out to you while reading Ephesians 5 in preparation for group? This chapter starts off with "...be imitators of God." Who or what are some of the influences you've imitated that have developed the person you are today? Jesus was our greatest example of imitating God. What were some of the characteristics He exhibited we should be striving to imitate?

Read Ephesians 5:15. Danger is all around us – relationally, professionally, morally, ethically, etc. What danger signs have you felt God revealing in order to help you avoid a life that doesn't imitate God?

Read Ephesians 5:16. Intentionally taking advantage of the opportunities God presents us with will help keep us from experiencing regret. What area of your life are you failing to live out with intentionality?

Read Ephesians 5:17. Understanding God's will for our lives is essential to living thoughtfully. What are you currently engaged in to better understand God's will for your life? What are some ways you could become more engaged in understanding God's will for your life?

3. Write down some of the areas in your life in which you'd like to avoid danger, be more intentional, and be sure you understand God's will. What goals do you have for those areas?

What negative consequences could you experience if you wait to begin the process Paul lays out for us in Ephesians 5? What are the positives you could experience if you begin this coming week?

4. What steps will you take in the coming week to live a life with minimal regret?

Outreach: Groups in Action

Would your group consider investing in a child's opportunity to experience summer camp? A contribution of \$189 will provide the funding for a child to experience camp July 10th-July 14th. If everyone pitched in to help support a child, and then pray for them those days, you would make a huge impact in a child's life! Contact Katie Hall to work out your support khall@eclife.org

Action Step

Fill in the blanks below for this upcoming week.

My action steps are _____

I'm accountable for _____, and their action steps are _____

My memory verse is _____

This coming week, I'm praying for: