

# YOUR MOVE

## WITH ANDY STANLEY

### Starting Over Part 1: Three Myths

#### INTRODUCTION

The consequences are usually mild when we ignore the directions for repairing a computer or assembling a child's toy. But the price of rushing into a life situation can be steep. What if there were directions for the choices we make in life? What if we could avoid repeating past mistakes when we find ourselves *starting over*?

#### ICEBREAKER

Talk about a time in your childhood or adult life when you learned from either your own mistakes or others'.

#### DISCUSSION QUESTIONS

1. Talk about a time when you've seen someone repeat the same mistakes in an area of life that matters most—finances, relationships, parenting, leadership, romance. Why do you think it's so easy to repeat our mistakes?
2. When have you made a poor decision because you believed time was against you? What was the cost of rushing into that decision?
3. In what area of life are you currently starting over? What mistakes do you want to avoid repeating?

#### MOVING FORWARD

Next time can be better than last time—not because you want it to be, but because you plan for it to be. It will take more than experience and knowing better. You can't rush things. But given the opportunity, God will bring good from the failure of round one whether it was your doing or not.

# Starting Over Part 2: Own It

## INTRODUCTION

One reason history repeats itself is that we don't own our parts of our history. And the reason you don't own it is there's nothing to own—it wasn't your fault! But if something important has come to an end and you are starting over, you must look back and own your part in order to move ahead. Your best bet for a successful future is to own your share of the past.

## ICEBREAKER

Talk about a time in your life when you were the victim of circumstances that forced you to start over in an area of your life.

## DISCUSSION QUESTIONS

1. When something goes wrong, even in a small way, is your instinct to blame others or to take responsibility?
2. Talk about a time when you've seen someone repeat mistakes from the past because that person didn't take ownership of his or her part of those mistakes.
3. When in your life could you have benefited from owning your part of a mistake?

## MOVING FORWARD

We can't blame our way into a better future. Blame enables us to smuggle our issues into our futures. Blame sets us up for a repeat performance. If you want to take all of yourself into the future as you start over, you've got to come out of hiding. It's painful. But it's beneficial. Besides, admitting sets other people free as well.

Own it so it won't own you, so it won't follow you into the future.

# 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 ourselves, *what was I thinking?*

But how do we avoid getting stuck in cycles of repeated mistakes?

## ICEBREAKER

Talk about one thing from your past, big or small, you wish you could "do over."

## DISCUSSION QUESTIONS

1. Talk about a time when you saw someone make a mistake even though everyone around tried to warn him or her. 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?
2. When have you believed that if you only had something or someone, you'd be satisfied with your life? If you *did* finally obtain that something or someone, what was the result?
3. Which area of your life needs a reboot? How could a change in thinking make a difference?

## MOVING FORWARD

Don't end up asking yourself, *what was I thinking?* Next time can be better than last time if you change the way you think.

# Starting Over Part 4: Release It

## INTRODUCTION

We all have mistakes in our pasts. Unfortunately, we tend to learn from our mistakes in the areas that matter least and repeat our mistakes in the areas that matter most. Sometimes that's because we avoid owning our part of a mistake.

But what do you do with the part owned by others? How do you get past the stuff other people have done to turn your life upside down?

## ICEBREAKER

What's the longest you've ever held a grudge?

## DISCUSSION QUESTIONS

1. Have you ever wronged someone, then owned up to it and asked that person for forgiveness? What do you think taking responsibility did for that person?
2. Talk about a time when you witnessed the downfall of another person after he or she was significantly wronged, but couldn't fully move past it. In what ways did that person's inability to move on affect him or her?
3. During the message, Andy asked, *"How long do you intend to allow the people who mistreated you to influence you?"* Talk about a time when you've given someone power in your life by holding a grudge against him or her (even if it was warranted).

## MOVING FORWARD

To ensure next time is better than last time, release the past so the past can release you. That's not easy to do, but when you wait on others to make the first move, you hand them the keys to your future.