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| **LIFE GROUP NOTES****Judges #4 / Repentance or Regret? (6:1-10)** |  |

Start with open ended question moving to more specific responses before focusing on a Next Step. Encouraging everyone to be a ‘doer’ of the Word.

1. **What struck you about the preach?**
* An open-ended question / pick up themes and use the further questions selectively
1. **Using the table below and reflect on the difference between repentance and regret over sin**

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| **REGRET** | **REPENTANCE** |
| Sorrow over consequences | Sorrow over the sin |
| Focus on self | Focus on God |
| Produces death | Produces life |
| No change | Change happens |

1. **Read Psalm 51 together as a communal confession, pausing in places to give space for reflection, individual specific confession**
* Encourage the HABIT/PRACTICE of regular and specific confession. Encourage discipleship/partnering with others to help grasp your SIN and God’s MERCY fully
1. **Communion and Prayer Together**
* Share communion together and rejoice in HIS MERCY!

*Almighty God, our heavenly Father, we have sinned against you and against our fellow humans, in thought and word and deed: through negligence, through weakness, through our own deliberate fault. We are truly sorry and repent of all our sin. For sake of your Son Jesus Christ, who died for us, forgive us all that is past; and grant that we may serve you in newness of life; to the glory of your name. Amen*

\*See ‘Handout’ on website for a summary of the preach