



Week 1

What's something you've done that you immediately wished you could take back? (Keep it light—no need to share anything super serious!)

When you mess up, what do you usually want to do: laugh it off, apologize, distract yourself, hide, or something else? Why?

Read Lamentations 3:22-24. What stands out to you about what this says about God's mercy?

Why do you think we sometimes want to avoid God after we mess up instead of talking to Him?

The teaching says, "Prayer is where you go when you cannot fix it yourself." What do you think that means?

What's the difference between knowing you did something wrong and getting stuck believing that you are a bad person?

If you mess up this week, what is one thing you can do to run toward God instead of hiding from Him?