



# **BETTER DECISIONS FEWER REGRETS**

**THE INTEGRITY QUESTION — Am I being honest with myself, really?**

**ICEBREAKERS:**

- In addition to “Where do you want to go eat?”, what other questions & situations can cause tensions in close relationships?

**DISCUSSION QUESTIONS:**

1. In your opinion, what are the most common regrets people have? And how & when did they have come to regret those decisions?
2. How many times have you heard the phrase “I’m just following my heart.” After hearing someone use that phrase, did good consequences follow or regret?
3. Read Jeremiah 17:9. What jumps out at you when reading this verse?
4. Tell the group a time when you (or your heart) sold yourself an idea or a purchase that didn’t turn out the way you intended.
5. Where do you struggle the most telling yourself the truth? What are your go-to justifications?

**NEXT STEPS & PRAYER REQUESTS:**

- Begin to evaluate what decisions you need to stop and ask, “Am I being honest with myself, really?”