



Message Discussion Guide Week of January 15, 2023

Message: Reset, Part 2: Restoration

Key Scripture: [Psalm 80:1-7](#)

Preacher: Tom Parkinson

Message Highlights:

Honest self-reflection and humility are essential to the gospel. Jesus cannot be your savior if you are not aware that you need saving.

God's amazing grace is that God does not abandon us when we go astray. And yet, when we stand in the light of Christ it can expose our flaws and we can become very aware of the ways in which we fall short.

- Many of us deal with shame, regret and remorse over sins we have committed and over hardships that have happened to us.
- We don't just want God to forgive us, we also need God to restore us.

In Psalm 80, the Psalmist wrestles with a sordid past and cries out to God for restoration. To be restored is to be returned to brought back to original condition. There are five steps God wants to enact in our lives to help us experience restoration:

- Own our brokenness
- Accept the consequences of our brokenness
- Don't let your past define you
- Give & receive forgiveness
- Surrender your hurt to Jesus

Discussion Questions:

1. Pastor Tom shared that it can be very hard to get an honest perspective on who we really are. Why is self-knowledge so difficult? Why are so many people blind to how their actions and words affect others? Who are the people that help you know the truth about who you are?
2. Pastor Tom said that the more we love Jesus, the more disgusted we become with our sin. This can lead to feelings of shame, guilt, and remorse. Have you ever experienced

these feelings? How did you work through them? Does God want you to feel ashamed of what you have done?

3. Read [Psalm 80:1-7](#)
 - a. What kind of situation do you imagine the psalmist is going through?
 - b. How does the psalmist talk about God in these verses? What do these verses tell us about the psalmists' experience of God?
4. Watch the video clip Pastor Tom shared from The Chosen at [this link](#).
 - a. What is your reaction to the scene?
 - b. How does the scene help us understand what restoration means?
5. Pastor Tom listed 5 steps to experience restoring grace. Which of the steps do you struggle with the most? How can your group help you experience each of the steps?

Abundant Life Tip: Forgiveness happens the instant you turn to Jesus, but restoration takes time. As God is working to restore us, we need to learn how to be gracious toward ourselves, and how to accept the unending love God has for us.