

# Rearview Living

**The topic** Regret

**The object** A car's rearview mirror. The mirror can probably be removed easily by loosening the set-screw that holds the mirror in its bracket.

**The lesson** Safe drivers keep a frequent eye on their rearview mirrors. But drivers who *stare* at the rearview mirror won't stay on the road for very long.

Looking at one's  
**past is valuable.**  
**God can**  
**use your**  
**retrospection—**  
**good times and**  
**bad, the**  
**painful**  
**memories as**

well as the delicious ones,  
the hard lessons learned  
and the hard victories won.

But *staring* into your past is a hazard. When we're too focused on where we've been, we lose track of where we're going. We get off course, and we may end up running into something. Avoid rearview living that keeps your life focused too much on the past, instead of living in the present and looking to the future.

**The Word** Philippians 3:13b-14; Luke 9:59-62



## Discussion starters

1. What are some of the ways looking into the rearview mirror helps a person to drive more safely?
2. Anybody here ever get so focused on the car behind you that you almost crashed into the car in front of you?
3. In what ways can looking back to our past be a good thing? In what ways can it be unhealthy?
4. What are some of the reasons—both good and bad—that we look back on our lives?
5. The apostle Paul talks about “forgetting what is behind.” How realistic is that?
6. How do we make sure we bury our past without burying it alive?

## Life changers

1. What are some of the memories in your “rearview mirror” that might keep you from moving ahead?
2. How do you deal with the painful stuff you see in your rearview mirror?
3. Some side rearview mirrors read, **“Warning: objects may be closer than they appear.”** If you were to place a warning on the rearview mirror of your life, what would it be?
4. What are some steps *you* can take to get your eyes more focused on where you're going and less on where you've been?