

8.17.25



# LENS REPAIR TAKE HOME STUDY GUIDE - CRACKED LENSES

Based upon the Celebration Worship series at The Church @ 434 called "Shades"

## PHILIPPIANS 3:13-14

*"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

### AS YOU MOVE INTO THE WEEK, TOGETHER THROUGH THIS STUDY GUIDE, WE WILL TRY TO ACCOMPLISH THE FOLLOWING THINGS...

- To explore the themes of regret, redemption, and calling.
- To encourage personal reflection and application of the sermon's message.
- To foster a deeper understanding of how focusing on the future affects our faith journey.

### **LENS EVALUATION – SEE WHAT CONDITION YOUR LENSES ARE IN RIGHT NOW**

To make this work you will need a Bible, a journal, a pen, and someplace each day to sit down and ponder the following. Use your journal as your place to record and summarize the things that God is placing on your heart. There are seven days of questions later in this guide, consider this first section your own lens evaluation.

#### **1. The Nature of Regret:**

Reflect on the ways regret manifests in your life.

What specific events or decisions do you find yourself dwelling on? How do these regrets shape your current self-image and outlook?

#### **2. God's Invitation to Redemption:**

Consider how God invites us into a narrative of redemption.

What does it mean to you to know that your past does not define your future? How can you begin to see your past experiences as part of your growth?

#### **3. Pursuing Your Calling:**

Think about your unique calling.

What are the passions and gifts God has given you? How can you align your daily actions with your calling? What steps can you take to focus on the future?

#### **4. The Importance of Community:**

Reflect on the role of community in your spiritual journey.

Who are the people in your life that encourage and support you? Have you told them lately how much you love them? Why don't you stop right now and text them, write them a note, and somehow let them know. How can you engage more deeply with them as you move toward your calling?

#### **5. Clarity and Focus:**

Just as cracked lenses distort our view, what are the "cracks" in your life that hinder your ability to see God's purpose clearly? Be honest! How can you adjust your focus to gain clarity in your journey?

# 7 DAYS OF JOURNALING ASSIGNMENTS

## DAY 1: ACKNOWLEDGING REGRETS

Write down three specific regrets you have.  
Reflect on how they affect your daily life and mindset.  
Pray for God's guidance in letting go of these burdens.

## DAY 2: THE GIFT OF GRACE

Reflect on God's grace in your life.  
Write about a time when you experienced His forgiveness and love despite your past.  
How does this shape your understanding of redemption?

## DAY 3: VISION FOR THE FUTURE

Describe your vision for the future.  
What goals do you feel God is calling you to pursue?  
Write them down, and spend time in prayer asking for clarity and strength to move toward them.

## DAY 4: STRAINING TOWARD THE GOAL

Identify one specific goal related to your calling.  
What actionable steps can you take this week to work toward this goal?  
Write them down and commit to taking at least one step.

## DAY 5: BUILDING COMMUNITY

List three people in your life who support you spiritually.  
Write about how you can deepen these relationships.  
Consider reaching out to one of them this week for encouragement.

## DAY 6: ADJUSTING YOUR FOCUS

Reflect on what hinders your spiritual vision.  
What "cracks" in your life need attention?  
Write about how you plan to address these issues and seek God's help in gaining clarity.

## DAY 7: CELEBRATING PROGRESS

Look back over the week.  
What insights have you gained?  
Write about any changes you've experienced in your perspective or actions.  
Celebrate the progress you've made and commit to continuing this journey.

**This study guide is designed to help you reflect on the themes presented in the "Cracked Lenses" sermon.**

**By engaging with scripture, journaling, and seeking community support, you can begin to transform regret into redemption and embrace the calling God has for your life.**

**May this journey lead you to a clearer vision and a deeper understanding of His grace.**