

TOBYMAC

Artist:	Album Title & Record Company:	Video Title:	Study by:
TOBYMAC TOBYMAC.COM	HEAVEN ON MY MIND FOREFRONT RECORDS	REARVIEW	GRANT MEDFORD PASTOR TO PARENTS AND FAMILY DISCIPLESHIP LIVING HOPE BAPTIST CHURCH BOWLING GREEN, KENTUCKY GRANTMEDFORD7@GMAIL.COM



Playlist

This song is featured on “The Linc: Regret” Spotify playlist – which is the perfect way to remind your students what you’ve taught them in this session. To share it with them, click the live link on the web version of this study.

Theme

Regret, Identity, Restoration

Objective

Students will discover the truth that our past shapes us but doesn’t define us.

Warm Up

Picture Telephone– Divide students into 2-3 teams, lined up single file. Give the first person in each team an object to trace (e.g., a smiley face, tree) onto the back of the person in front of them using their finger. Each person then draws what they think they felt on paper before passing it forward the same way.

At the end, compare the first and last drawings. The team with the most accurate final drawing wins. Repeat with harder objects and shuffle teams for variety.

- What did you discover in this competition? (*expect some silly answers*)

Transition

A couple of things that you may have discovered are that: 1) Trying to make sense of things going on behind you is hard work! and 2) Mistakes made in the beginning became worse as the competition went on.

Today we’re going to be talking about all the stuff behind us – things we’ve done and things done to us. TobyMac has written a great song that speaks to this topic. Let’s listen to his song, “Rearview” and see if we can learn from his perspective on this.

The Video

Play the “Rearview” music video by TobyMac.

- What was the “looking back” referring to in the first verse of the song?
- What was the “looking back” in verse two referring to?

Transition

Many of us can relate to being shaped by past experiences—both the hurt we’ve endured and the impact we’ve had on others. Regret and shame can linger, but thankfully, we have a Savior who makes all things new. Let’s explore one man’s answer to the question: What should I do with my past?

Bible Study

Read **Philippians 3:13-14**
Paul talks about pursuing God, but he highlights three actions: Forgetting, Reaching, and Pressing. Like us, Paul had a past that could have held him back.

Before following Christ, he persecuted Christians. Afterward, he faced beatings, imprisonment, and rejection. Yet, he didn’t quit—he pressed on toward God’s best.

Forgetting

- Write down 1-3 things from your past that have hurt you or ways you’ve hurt others.
- How can we forget things done to us?
- How can we forget things we’ve done?
- What’s a healthy way to deal with these things?

Reaching

- Write down 1-3 things that we should do to move forward from those things in the past.
- How can pursuing the things listed in **1 Timothy 6:11-12** help us move away from the past and into the future?
- According to **Psalm 34:14**, when we make the choice to turn from evil, what are we turning toward?
- What does that look like?

Pressing

- Write down 1-3 future goals that motivate you toward Christ and Kingdom thinking.
- According to **Philippians 3:14**, what does it mean to “press on toward the goal,” and how can we stay focused on it daily?

- How can keeping an eternal perspective shape the way you pursue your goals?
- What could God do with your story (the past and future) for His glory? (*Share my story with others struggling, show God’s hand in the issues, etc.*)

(You might want to share a personal story here about something done to you or something you did and how God is using that as a point of ministry today.)

Wrap Up

It’s important to remember that God gives forgiveness and fresh starts to us. As the song reminded us, God is the King of today and King of the Rearview – everything in our past. Like in a car you’re driving, you don’t stare at the rearview mirror the whole time you’re driving. That’s going to end badly! Your focus is what’s out in front. The rearview is there, but it’s not the focus. This week, take some time to share your story with a trusted friend or parent. Close in prayer.

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