



FINDING FAITH: Small Group Bible Study inspired by the movie “Me, You and Us, Forever”

INTRODUCTION

Me, You and Us, Forever follows Dave, a recently divorced Christian man who, in his pain, becomes obsessed with a past regret: breaking up with his first love, Mary. This idealization of a life that never was distracts him from his faith and his present reality. Through his journey, and with the support of a new friend, Carla, Dave confronts his desire to live in the past. The film explores themes of healing from heartbreak, the danger of living with regret, and the crucial importance of trusting in God's will for our future.



DISCUSSION QUESTIONS

1. THE DANGER OF IDOLIZING THE PAST

- Dave becomes consumed by the memory of his first love, Mary, idealizing a life he believes he should have had with her. How does this kind of obsession with a past regret become a spiritual distraction and a hindrance to healing?
- Read Philippians 3:13-14. How does this passage, which encourages us to "forget what is behind and straining toward what is ahead," apply to Dave's situation? What does it mean for a Christian to let go of past regrets and focus on the future God has for them?



2. FINDING HEALING IN CHRISTIAN COMMUNITY

- Dave finds support and understanding in a Christian divorce recovery group and through his friendship with Carla. How does the film portray the importance of community in our healing from emotional pain and heartbreak?
- Read Galatians 6:2. The Bible tells us to "bear one another's burdens." How does the relationship between Dave and Carla, and his friends' concerns, demonstrate the role of a supportive Christian community in helping a person navigate difficult times?



DISCUSSION QUESTIONS

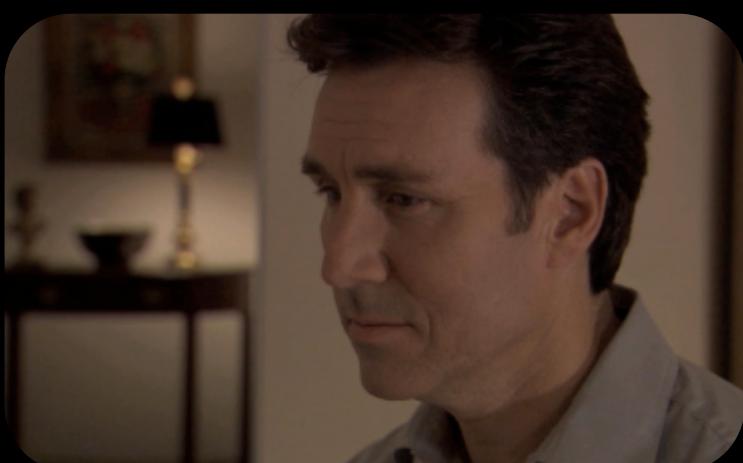
3. CHOOSING GOD'S WILL OVER PERSONAL DESIRE



- Dave is torn between his emotional desire to find Mary and the knowledge that this pursuit is against God's will. What does this struggle reveal about the tension between our feelings and our faith?
- Read Proverbs 3:5-6. This verse calls us to "trust in the Lord with all your heart and lean not on your own understanding." How does this apply to Dave's situation? How can we discern God's will for our lives when our desires seem to point us in a different direction?

4. LIVING IN THE PRESENT AND EMBRACING THE FUTURE

- The film's resolution shows Dave choosing to let go of his idealized past. He realizes that his own children's existence is a testament to the path he did take. What does this powerful realization teach him about embracing his present life and trusting God's ultimate plan?
- Read Romans 8:28. This verse assures us that God works all things together for the good of those who love Him. How does the film's ending illustrate this truth? How can a Christian find peace and purpose in their present circumstances, even when they were not the life they had originally planned for themselves?



REFLECTION & APPLICATION

Reflect on a time in your life when you've struggled with regret or have felt the urge to idealize a past relationship or life circumstance. What spiritual dangers did you face? How can you actively choose to trust in God's will for your future instead of dwelling on the past?



PRAYER

Close the Bible study with a time of prayer, for those who are struggling with heartbreak or regret.

Pray for the wisdom to trust in God's plan and for the grace to let go of the past and live fully in the present.



CONCLUSION

Like Dave, we are all faced with the choice to either live in the past or embrace the future God has for us. The film encourages us to find healing in our Christian community and to place our ultimate trust not in our own desires or idealized memories, but in the perfect and loving will of a God who redeems our pain and works all things for our good.

