



# **LifeGroup Discussion Packet**

**At The Movies - Top Gun: Maverick**

**“Breaking Free from the Past”**

**July 11 & 12, 2026**

# LifeGroup Discussion Guide

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## Main Idea

Because of Jesus, we do not have to stay stuck in the pain, regret, resentment, or wounds of yesterday. We can let go of the past, receive His grace, and step into the mission God still has for our lives.

## Key Verse

“But one thing I do: forgetting what is behind and straining toward what is ahead, I press on...”  
Philippians 3:13–14

## Warm-Up Question

This movie is filled with scenes of courage, risk, loyalty, and second chances. What is one movie scene, sports moment, or real-life story that has inspired you to keep going when something felt difficult?

## Discussion Questions

1. The message began with the question... “Is there a way to break free from the past and live free in the present?” Why do you think so many people struggle to move forward from past hurts, regrets, or disappointments?
2. Maverick carried regret over Goose’s death, and Rooster carried resentment toward Maverick. What is the difference between regret and resentment? How can both keep a person stuck?
3. Read Philippians 3:13-14. Paul says he is “forgetting what is behind” and “straining toward what is ahead.” What do you think biblical “forgetting” means? What does it not mean?

4. The message said, “You can’t strain toward what’s ahead of you while you’re still holding on to what is behind.” Where have you seen this to be true in someone’s spiritual life, relationships, family, or calling?
  
5. In the movie, Ice tells Maverick, “It’s time to let go.” Why is letting go sometimes so hard, even when we know holding on is hurting us?
  
6. The handout says, “God can’t put something new in my hand if I’m still holding on to something old.” What are some “old” things people commonly hold onto? *Examples could include guilt, anger, fear, bitterness, shame, control, disappointment, or a need to prove themselves.*
  
7. Read Ephesians 2:10. This verse says we are God’s masterpiece, created in Christ Jesus for good works. How does knowing that God still has a purpose for your life help you move forward from the past?
  
8. The message reminded us, “If you’re not dead, God’s not done with you yet.” Where do you need to believe that more deeply right now?
  
9. Maverick sacrifices himself so Rooster can live. The message connected that moment to the greater truth of Jesus giving His life for us. Read John 3:16. How does the sacrifice of Jesus speak to our guilt, wounds, shame, and need for rescue?

10. The closing invitation was to trust Jesus, let go of the past, and step into the life He offers. What is one next step God may be asking you to take this week?

## Going Deeper

The message said, “Jesus carried our sins and our hurts on a cross so that we could let go of our sins and regrets.”

Take a few moments as a group to reflect on that sentence.

- What part of that truth is easiest for you to believe?
- What part is hardest for you to personally receive?
- How would your life look different if you truly believed Jesus could carry what you were never meant to carry?

Read Isaiah 53:5 together, “But He was pierced for our transgressions; He was crushed for our iniquities... and with His wounds we are healed.”

How does this verse help you understand the healing Jesus offers, not only for sin, but also for the deeper wounds of the soul?

## Next Step

This week, ask God to show you one thing from the past that He is inviting you to release. It may be a regret you keep replaying, a wound you keep protecting, a resentment you keep feeding, or a fear that keeps holding you back. Then take one step of faith: pray honestly about it, talk with a trusted Christian friend, forgive someone, ask for help, or surrender that burden to Jesus again. Because in Christ, your past does not get the final word. Jesus does.