

REDEEMING REGRETS

PRECEPT

JOHN 16:33

³³ I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

2 CORINTHIANS 7:10

¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

PROMISE

Regret is feeling sad, repentant, or disappointed over something that has happened or been done, especially a loss or missed opportunity. When we're focused on our regrets, we tend to obsess about the way things could have gone and the lives we could have lived—and taken to an extreme, this can cause us to be poor stewards of the lives we actually have. How do we deal with regret? How do we forgive ourselves and others for mistakes? How do we move forward with a proper Christian perspective? Below are seven powerful steps to overcome regret:

1. SILENCE THE ACCUSER BY REMEMBERING CHRIST SAVED US BY HIS BLOOD. The truth is, we have an enemy who loves to remind us of our sins and failures. He is called in the Scripture the Accuser of the brethren. Revelation 12:10 says, *"for the accuser of our brothers has been thrown down, who accuses them day and night before our God."* Satan will do all that he can to impede us in our walk. By accusing us, he can get us to focus more on our failures than our Saviour. He would have us dwell on our sins or drown in self-pity rather than serve others.

2. REMIND YOURSELF THERE IS NO CONDEMNATION IN CHRIST JESUS. Romans 8:1 tells us, *"There is therefore now no condemnation for those who are in Christ Jesus."* When the adulterous woman was caught, how did Jesus respond? When other people judge you of your sins, Jesus says that He does not condemn you. But also, it's very important that we don't forget that He said, "Go and sin no more." (John 8:11). We can't fix our past mistakes by making the same type of choices. We must repent and change our actions.

3. FORGET WHAT LIES BEHIND AND KEEP PRESSING TOWARD THE PRIZE. Paul could have had many regrets. He persecuted Christians, threw them into prison and approved when the Jews stoned Stephen, but this is what He said in Philippians 3:13-14, *"But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus."* Paul placed his energy into pursuing Christ.

4. LET YOUR FAILURES KEEP YOU HUMBLE. We are all susceptible to sin and temptations. Let us always humble before the Lord and keep praying. Most importantly, let us not put ourselves in compromising situations where we can fall into sin.

5. THANK GOD THAT HE CAUSES ALL THINGS, EVEN OUR FAILURES, TO WORK TOGETHER FOR GOOD. This is according to Romans 8:28. This does not mean that we can sin intentionally, but it means that even when we have messed up and when we're overwhelmed with regret, if we are truly in Christ, He will turn things for our good.

6. REMEMBER IT IS GOD'S WILL FOR YOU TO BE FRUITFUL AND HE HAS GOOD WORKS FOR YOU TO WALK IN. Ephesians 2:10 says, *"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."* We are supposed to be fruitful; therefore, we should learn from our past mistakes.

7. TURN REGRETS INTO THANKSGIVING.

PRACTICE

1. Regrets in Life. If you are dealing with a long term regret, what would it take to release it and give it to God?

2. Redeeming Regret. In light of what we have learned last Sunday, how can we deal differently with our own regrets?

PRAYER

I. Members

- Pray that all our members will shine their light in their workplace, school, & areas of influence.

II. Volunteers

- Pray that all our volunteers will always have joy, passion, and perseverance as they serve God.

III. Life Kids

- Pray that this ministry will not grow weary in discipling and leading the children to God's ways.

IV. Life Worship

- Pray for their preparations for the Night of Worship. May this event bring more souls to Christ.

V. Life Link

- Pray that they will be effective in making guests feel welcome and belong during Sundays.

VI. Life Sports

- Praise God for the gift of sports! May this be another avenue to bring people to Christ and His family.

VII. Worship Services

- Pray that more people will have an encounter with Christ as they hear God's Word.