



WHEN YOU FEEL REGRET

Reboot - Pt 4 (Emotional Health)

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My **guilt** overwhelms me – it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins... My days are filled with **grief**... My **groans** come from an **anguished heart**. (Psalm 38:4-8 NLT)

Areas of regret...

Education
Parenting

Faith
Risk

Words
Relationships

Career
Money

My Biggies:

- 1.
- 2.

Regrets are...

1. Inevitable.
2. Forgivable.
3. Directional.
4. Inspirational.

TAKING ACTION ON REGRET...

1. START OVER: Seek forgiveness from your past.

Finally, I confessed all my sins to You and stopped trying to hide them... And You forgave me! All my guilt is gone. (Psalm 32:5 NLT)

2. LOOK AHEAD: See a picture of the future.

Lord, remind me how brief my time on earth will be. Remind me that my days are numbered and that my life is fleeing away. (Psalm 39:4 NLT)

My Biggies:

- 1.
- 2.
- 3.

3. STOP AND THINK: Evaluate your current direction.

People who cover over their sins will not prosper. But if they confess and forsake them, they will receive mercy. (Proverbs 28:13 NLT)

4. MOVE FORWARD: Pursue God's way.

Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. (Matthew 7:13-14 NIV)

For all have sinned; all fall short of God's glorious standard...For the wages of sin is death... (Romans 3:23; 6:23 NLT)

We are made right in God's sight when we trust in Jesus Christ to take away our sins. And we all can be saved in this same way, no matter who we are or what we have done. (Romans 3:22 NLT)

For God can use sorrow in our lives to help us turn away from sin and seek salvation. We will never regret that kind of sorrow. But sorrow without repentance is the kind that results in death. (2 Corinthians 7:10 NLT)