

REGRET.

Fight Club : Part 5 of 5 : MANUP.co

TOGETHER . . . we can WIN!

Judges 7

²¹ And they stood every man in his place.

Nehemiah 4

¹⁴ Fight for your brothers, your sons,
your daughters, your wives, and your homes.

***“FAILURE is our biggest FEAR
and SHAME is our greatest PAIN.”***

- Craig Groeschel

The TRUTH about Regret.

- *Regret keeps your FOCUS on something you CAN'T change.*
- *Regret says you're DONE because of what you DID.*
- *Regret turns an ACTION into an IDENTITY.*

***“What you DID or what was DONE
to you is not who you ARE.”***

Q: Do you have any REGRETS?

Q: How do you usually handle FAILURE?

REPENTANCE will defeat Regret.

Judges 16

²⁰ Then Delilah cried out, “Samson! The Philistines have come to capture you!” When he woke up, he thought, “I will do as before and shake myself free.” But he didn’t realize the Lord had left him.

²¹ So the Philistines captured him and gouged out his eyes. They took him to Gaza, where he was bound with bronze chains and forced to grind grain in the prison.

²² But before long, his hair began to grow back.

²⁵ Half drunk by now, the people demanded, “Bring out Samson so he can amuse us!” So he was brought from the prison to amuse them, and they had him stand between the pillars supporting the roof.

²⁸ Then Samson prayed to the Lord, “Sovereign Lord, remember me again. O God, please strengthen me just one more time. With one blow let me pay back the Philistines for the loss of my two eyes.”

²⁹ Then Samson put his hands on the two center pillars that held up the temple. Pushing against them with both hands, ³⁰ he prayed, “Let me die with the Philistines.” And the temple crashed down on the Philistine rulers and all the people.

³⁰ So he killed more people when he died than he had during his entire lifetime.

“God isn’t DONE with you until you’re DEAD.”

Proverbs 24

¹⁷ The righteous man falls seven times and rises again, but one disaster is enough to overthrow the wicked.

Let's be HONEST . . . (About Failure)

- We want to IGNORE it.
- We want to HIDE it.
- We want to EXCUSE it.

“You’re only as STRONG as you are HONEST.”

- Craig Groeschel

Psalm 51

¹ Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. ² Wash me clean from my guilt.

Purify me from my sin. ³ For *I recognize my rebellion*; it haunts me day and night.

⁴ Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just.

⁷ Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. ⁸ Oh, give me back my joy again; *you have broken me - now let me rejoice*.

⁹ Don't keep looking at my sins. Remove the stain of my guilt. ¹⁰ *Create in me a clean heart, O God. Renew a right spirit within me.* ¹¹ Do not banish me from your presence, and don't take your Holy Spirit from me.

¹² *Restore to me the joy of your salvation*, and make me willing to obey you. ¹³ Then I will teach your ways to rebels, and they will return to you. ¹⁵ Unseal my lips, O Lord, that my mouth may praise you.

Repentance Says . . .

- **I'm SORRY.**

"I'm Sorry doesn't include IF, AND, or BUT."

- **I was WRONG.**

*"Repentance is a VERBAL confession
of an INWARD change."*

- **Will you FORGIVE me?**

"Sin separates you from GOD and OTHERS."

(BTW - the Scriptures never say to forgive yourself)

- **What can I LEARN?**

*"Your Failure doesn't DEFINE
you but it should DIRECT you."*

- **Who can I HELP?**

*"Shame keeps us SILENT but
Repentance SENDS us out."*

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Your Turn.

1. **WHO** needs you to say *I'm Sorry* to?
2. **WHAT** have you learned from your failure?
3. **HOW** can God use your Story?