



RELEASING YOUR REGRETS

Nobody is perfect. Therefore we all have regrets—situations from our past that haunt us in the present.
How do you get off the “guilt trip?”

I. REGRETS: WHAT WE USUALLY DO WITH THEM

1. _____
"No one can see his own errors: deliver me, Lord, from secret faults." Psalm 19:2

"The man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance." - Proverbs 28:13

2. _____
"You are always ready to accuse your own brothers and to find fault with them." Psalm 50:20

3. _____
"I am drowning in the flood of my sins; they are a burden too heavy to bear. Because I have been foolish, I'm utterly worn out and crushed, my heart is troubled..." Psalm 38:4-8

II. REGRETS: WHAT WE SHOULD DO WITH THEM

1. _____
"I recognize my faults; I'm conscious of my sins..." Psalm 51:3

"...I decided to confess them to you, and you forgave all my sins." Psalm 32:5

"Homologeo"

2. _____
"There is no condemnation for those who live in Christ Jesus." Romans 8:1

Psalm 103:3, Isaiah 38:17 and John 3:17



3. _____
"The Lord says, 'Do not cling to the events of the past, or dwell on what happened long ago. Watch for the new thing I am going to do!'" Isaiah 43:18-19

III. REGRETS: WHAT GOD WANTS TO DO

- God wants to _____
"Come, let's talk this over, says the Lord. No matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow." Isaiah 1:8

"...I will remember your sins no more..." Jeremiah 31:34
- God wants to _____
"When someone becomes a Christian, he becomes a brand-new person inside. He is not the same anymore. A new life has begun!" - 2 Corinthians 5:17 (LB)