

## How Can We Deal with Regret?

Central Idea: *Regret should serve to bring us into deeper intimacy with Christ, but too often distracts us.*

### ☞ What is regret in Scripture?

- Metamelomai:
- Metanoia:
- Lupe:
- Nacham:

### ☞ Does God experience regret?

### ☞ What is the purpose of human regret?

### ☞ Two Kinds of regret:

Godly Regret

Worldly Regret

### ☞ How should we respond to our own regrets?

#### Questions for Personal Reflection or Group Discussion

1. Which of the lies that we hear most resonated with you? Why?
2. How could you explain God's regret to someone who asks?
3. Which temptation do you face more: regret about the past or worry about the future?
4. Do you have any unconfessed regrets you need to share with someone? Who can you share them with?

Community Bible Church  
Seth Guthrie, Pastor of Discipleship

This outline is provided to assist you in understanding and applying today's message. *How Can We Deal With Regret?* is the fifth message in a series entitled **You Asked For It**. This message can be listened to or downloaded at [cbcomaha.org](http://cbcomaha.org).

how  
can we  
deal with

regret?



regret

**“Coach, I can’t do it. I’ve ruined you, I’ve ruined myself, I’ve ruined the University of California. I couldn’t face that crowd to save my life.”**

**regret**

**“Coach, I can’t do it. I’ve ruined you, I’ve ruined myself, I’ve ruined the University of California. I couldn’t face the crowd to save my life.”**

**“Roy, get up and go back out there - the game is only half-over”.**

**regret**

**“I was embarrassed when I realized what I had done. I wanted a hole to open in the ground so I could jump in.**

**regret**

**“I was embarrassed when I realized what I had done. I wanted a hole to open in the ground so I could jump in.**

**But that soon passed and I reached a stage when mention of it would cause me to bristle. Soon that passed and it has never really bothered me since.”**

**regret**

# WHAT IS REGRET IN SCRIPTURE?

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# WHAT IS REGRET IN SCRIPTURE?

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**Metamelomai:** the feeling of regret or remorse

**Metanoia:** a change of mind

**Lupe:** grief, pain, sorrow

regret

# DOES GOD EXPERIENCE REGRET?

regret

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**The Flood: Genesis 6:6-7**

regret

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**The Flood: Genesis 6:6-7**

**The Golden Calf: Exodus 32:14**

regret

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**The Flood: Genesis 6:6-7**

**The Golden Calf: Exodus 32:14**

**King Saul: 1 Samuel 15:11**

regret

# WHAT IS THE PURPOSE OF HUMAN REGRET?

regret

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2 Corinthians 7:8-10

For even if I made you grieve with my letter, I do not regret it - though I did regret it, for I see that that letter grieved you, though only for a while. As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us. For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

**regret**

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regret

# TWO KINDS OF REGRET

regret

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Godly.

Worldly.

regret

# TWO KINDS OF REGRET

Godly.

Leads to salvation

Worldly.

Leads to death

regret

# TWO KINDS OF REGRET

## Godly.

Leads to salvation

God-oriented

## Worldly.

Leads to death

Self-oriented

regret

# TWO KINDS OF REGRET

## Godly.

Leads to salvation

God-oriented

David

## Worldly.

Leads to death

Self-oriented

Saul

regret

# TWO KINDS OF REGRET

## Godly.

Leads to salvation

God-oriented

David

Peter

## Worldly.

Leads to death

Self-oriented

Saul

Judas

regret

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

regret

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie: If you only knew what I'd done,  
you wouldn't say that.**

**regret**

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie:** If you only knew what I'd done,  
you wouldn't say that.

**Solution:** Confess and share

regret

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie: I deserve to feel this way**

**regret**

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

Lie: I deserve to feel this way

**Solution: Worship**

regret

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie: God may have forgiven me, but I  
can't forgive myself**

**regret**

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie:** God may have forgiven me, but I can't forgive myself

**Solution:** Humbly accept God's forgiveness

regret

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie: My actions caused me to miss out on something better**

**regret**

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie:** My actions caused me to miss out on something better

**Solution:** Thank God for where you are

regret

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie: I am responsible for other people's actions**

**regret**

# HOW SHOULD WE RESPOND TO OUR OWN REGRETS?

**Lie: I am responsible for other people's choices**

**Solution: Admit your limits, and trust your loved ones to the Lord**

regret

regret

**I am a  
beloved child  
of God**