

**February 5, 2023**  
**Kryptonite: Week 5**

Our series is based around the fictional character of Superman.

There was one thing that could stop him... Kryptonite.

The longer he was exposed to it, the weaker he became, even to the point of death.

The QUESTION we're answering in this series is: What's your Kryptonite?

What is it in your life that hinders you/weakens you from living out?

Question: Have you ever done something that you Instantly REGRETTED?

There are 2 sides to Regret.

- Things we DID DO, that we SHOULDN'T have!
- Things we DIDN'T DO, that we SHOULD have!

Here's what I want us to learn...

Regrets are linked to CONTROL. We allow something to Control us, or we lack some form of Control that comes back to bite us.

I. The Reason for Regret

A. Regret for the things we 'Shouldn't Have' done.

B. Regrets for the things we 'Should Have' done.

Here's some TRUTH that the Bible gives us *to* avoid Regret.

Matthew 25:14-18, 24 (NIV)

"...a man going on a journey, who called his servants and entrusted his wealth to them. To one he gave five bags of gold, to another two bags, and to another one bag, each according to his ability... The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master's money.... 'Master,' he said, 'I knew that you are a hard man, harvesting where you have not sown and gathering where you have not scattered seed. So I was AFRAID and went out and hid your gold in the ground...

Matthew 25:3-6, 8-10 (NIV)

The Foolish ones took their lamps but did not take any oil with them. The Wise ones, however, took oil in jars along with their lamps. The bridegroom was a long time in coming, and they all became drowsy and fell asleep. "At midnight the cry rang out: 'Here's the bridegroom! Come out to meet him!...' The foolish ones said to the wise, 'Give us some of your oil; our lamps are going out.' "No,' they replied, 'there may not be

enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.' But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut.

Luke 15:13-17 (NIV)

... the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living. After he had spent everything, there was a severe famine in that whole country, and he began to be in need. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything. "When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death!

Call it Immaturity, Pride, or Stubbornness, but their CHOICES left them ALL with Regret.

II. The Response to Regret, Repentance

Failure doesn't have to be Fatal or Final!

Proverbs 24:16 (NKJV)

For a righteous man may fall seven times and rise again.

It's important to determine where the Regret is coming from!

A. Is it based on Choices?

Falling down is part of the pathway to success, and when you stumble and fumble, God will use your time on the ground to build you up.

Sometimes the pathway to God's greatest desire for your life will be resurrected by way of your regret!

Some of the greatest characters in scripture had REGRETS in their past. Think of David...

Psalms 51:1-4 (NIV)

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.

Regret CAN draw us to salvation, and remove the darkest stain!

Paul tells us that "Godly sorrow brings repentance that leads to salvation" (2 Corinthians 7:10 (NIV))

Question: Do you know how you leave Regret behind? You accept God's Forgiveness!

What did he tell the woman, "Caught in Adultery?": Neither do I condemn you, be free, and sin no more!

B. It is based on direct Sinful Action

We may feel we're too bad. The baggage we carry is far too great to ever get relief. We may feel defined by our Sin, and the view is overwhelming. Rather than allowing the regret to win, we can allow Jesus to transform us so that our past sin choices serve only to magnify His powerful GRACE!

David went on to say... My sacrifice, O God, is a broken spirit; a broken and contrite heart, you, God, will not despise. (Psalm 51:17 (NIV))

When we repent, God not only Forgives, but he also Forgets!

When we Believe and Commit, we become a new creation in Christ. The old is gone! (2 *Corinthians 5:17 (NIV)*).

God no longer defines you by your past. He defines you by the blood of Jesus from the cross. You have been redeemed and given freedom in Christ to live again!