



## **RELATIONAL REGRETS**

- Birth Family
- Extended Family
- Romantic and Dating
- Marriage and Parenting
- More Distant Relational Bonds

STARTINGOVER

3.



## **THREE KINDS OF RELATIONAL REGRETS**

- REGRET OF ACTION
- REGRET OF INACTION
- REGRET OF REACTION

STARTINGOVER

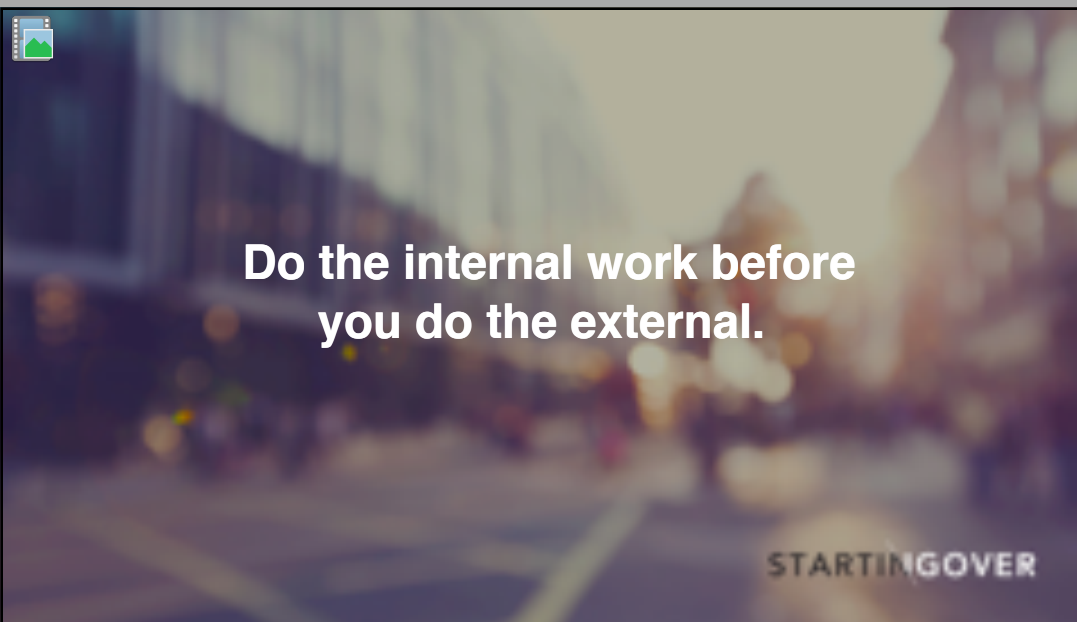
4.



**Genesis 45 page 38**

STARTINGOVER

5.



**Do the internal work before  
you do the external.**

STARTINGOVER

6.



## THE INTERNAL WORK

### Prayerful Reflection

- Who hurt me? Whom did I hurt?
- How has God been at work?

STARTINGOVER

7.



**28** And we know that for those who love God all things work together for good, for those who are called according to his purpose.

**29** For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers.

Romans 8:28-29

STARTINGOVER

8.



***20* As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.**

**Genesis 50:20**

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## **THE INTERNAL WORK**

### **Prayerful Reflection**

- **Who hurt me? Whom did I hurt?**
- **How has God been at work?**
- **Apply the Gospel to your hurt.**

**STARTINGOVER**





**<sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.**

**Ephesians 4:31-32**

STARTINGOVER

11.



**<sup>1</sup> Therefore be imitators of God, as beloved children. <sup>2</sup> And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.**

**Ephesians 5:1-2**

STARTINGOVER

12.



## THE INTERNAL WORK

### Prayerful Reflection

- Who hurt me? Whom did I hurt?
- How has God been at work?
- Apply the Gospel to your hurt.

STARTINGOVER

13.



## THE INTERNAL WORK

### Prayerful Reflection

- Who hurt me? Whom did I hurt?
- How has God been at work?
- Apply the Gospel to your hurt.

### Prayerful Response

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14.





## **THE EXTERNAL WORK**

- **Ask forgiveness of others**
- **Forgive others**
- **Reconcile appropriately**
- **Work together through issues**
- **Be Bold and take appropriate steps you need to take**

STARTINGOVER