

**Regrets often come because we did something that we wished we had not done.**

**Regrets often come because we did not do something we wished we had done but did not do.**

**Most have more regrets on missed opportunities than mistakes.**

**Ignorance...Immaturity...Impatience...Immorality...Insolence...Insight**

**Regret is sorrow over something we wish we could change but cannot change.**

**Biblically we deal with regrets either through remorse or repentance.**

*For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death. 2 Corinthians 7:10*

*For behold what earnestness this very thing, this godly sorrow, has produced in you: what vindication of yourselves, what indignation, what fear, what longing, what zeal, what avenging of wrong! In everything you demonstrated yourselves to be innocent in the matter. 2 Corinthians 7:11*

**Regrets can either move us forward or backwards regarding our relationship with Jesus.**

**We must begin to believe that the impossible is possible.**

**We must find God's frequency and tune in.**

**We must come to grips with what if I don't do this.**

**Our inability to deal with our regrets might be the single most important obstacle that keeps us from seeing, doing, and completing what if I don't do this.**

**People who struggle with doubt concerning faith in Jesus will often struggle with regrets.**

**People who struggle with doubt concerning faith in Jesus will often seek proof over faith.**

**How have regrets become a motivating factor to help you chase down your personal burden?**

**Untangle the reason you chose the path you chose.**

*But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. John 20:24*

**Regrets are often decisions we make because we don't want to look foolish.**

**Take responsibility for what you have done.**

*So, the other disciples were saying to him, "We have seen the Lord!" But he said to them, "Unless I see in His hands the imprint of the nails and put my finger into the place of the nails, and put my hand into His side, I will not believe." John 20:25*

**Regrets are often decisions that made sense at the time I did them that were found to be senseless.**

**You may need to take some time for healing to bring peace.**

*After eight days His disciples were again inside, and Thomas with them Jesus came, the doors having been shut, and stood in their midst and said, "Peace be with you." John 20:26*

**Regret for the things we did can be tempered by time. It is regret for the things we did not do that is inconsolable.**  
**Sydney Harris**

**You will need to build accountability around you.**

*After eight days His disciples were again inside, and Thomas with them Jesus came, the doors having been shut, and stood in their midst and said, "Peace be with you." John 20:26*

**Accountability gives us backup when Satan goes fishing for past regrets.**

*Therefore, laying aside falsehood, speak truth each one of you with his neighbor, for we are members of one another.  
Ephesians 4:25*

**Allow your past regrets to become teachable moments.**

*Then He said to Thomas, "Reach here with your finger, and see My hands; and reach here your hand and put it into My side; and do not be unbelieving but believing." John 20:27*

*Thomas answered and said to Him, "My Lord and my God!" John 20:28*

**Protect yourself from yourself.**

*Jesus said to him, "Because you have seen Me, have you believed? Blessed are they who did not see, and yet believed."  
John 20:29*