

## **No Regrets** **By Stacy Collins**

**The Race** Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. Hebrews 12:1

**Intentionality** Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Philippians 3:13-14

### **Are You Stuck?**

- Many are stuck in the what-ifs / shoulda / coulda / woulda / if onlys
- Regret is a roadblock to destiny
- Moses  
Was born to deliver Israelites  
Got out of God's timing  
Stuck in the wilderness as a shepherd

### **Regret**

- A sadness, sorrow, remorse, distress of mind, painful memory, or disappointment over something that has happened in the past, like wrongs committed, errors made, or a lost/missed opportunity.
- Recalling and then experiencing deep sorrow for sin.
- One dictionary says "To kick oneself".

### **Regrets Come**

- From: our own doing, others doing, deep hurts, uncontrollable tragedy
- Survey Says...most common regrets:
  - Romance
  - Family
  - Education
  - Career
  - Finances
  - Parenting

You could regret:

- overreacting to a situation with words you wish you could retrieve
- cheating on your spouse
- yelling at your boss and getting fired
- overspending on credit cards
- speeding and getting a ticket
- buying a house that turned out to be a money pit, etc.

### **Shades of Regret**

1. Regretting getting caught (or the situation), but not regretting the actual offense
  - The Rich Man & Lazarus
  - Lk 16:19 => living large
  - Dies and is in torment
  - Only distressed about his condition, not that he mistreated his neighbors
2. Regret that could be appeased if one would call out to God

–JudasMatt 27:3

Try to get rid of feelings of regret by doing good deeds (returning the silver)  
But never cried out to God

3. Regret that lingers yet motivates one to positive action

–PaulGal 1:13 / 1Tm 1:13 / 1Cor 15:9

Knew what he did could not be un-done & he was forgiven

He focused his memories into a fiery zeal to spread the news of Jesus

What's your shade?

1. Have you felt bad you got caught, but not bad about the sin itself?
2. Have you been refusing to call out to God and receive His forgiveness?
3. Have you been focusing that regret into a positive action?

### **Regrets Come**

People tell you not to live in regret, they say things like:

–“Move on” ...

–“Get over it” ...

–“Don't live in the past”

–“Just let go of it!”

...but don't tell you how to do that. •

### **#1 Forget & Get A New Thought**

•Phil 3:13-14 Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. •No forgetting the past is the biggest hindrance to running your race.

•Israelites could not forget about Egypt

•Regret is rehearsal. You're rehearsing things in your mind, reinforcing the memory.

•Pr 23:7 As a man thinks in his heart, so is he.

•Is 43 Israel called to forget because they had a new destiny Forget Former Things/Envision New Things

### **Ask**

Lord, would you show me if there is an area of my life where You desire to do a new thing?  
Show me if I have lived in regret and disappointment so long that I have become hopeless. What do You want to say to me about that area? What do You want to say to me about that area?  
What do You want to do to bring change?

### **#2 Get Rid of Condemnation**

•There is therefore now no condemnation for those who are in Christ Jesus. Rm 8:1

•Condemnation = to declare to be unfit and useless; to be sentenced

•Peter –failed to walk on water

•Peter –denied Jesus 3 times

•Paul –persecuted Christians

### **#3 Let Godly Sorrow Do Its Work & Get Rid of The Weight – You won't regret it!**

•Godly sorrow brings repentance (change of mind) that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Cor 7:10

•Pain handled in God's way produces a turning from sin to God which leads to salvation, and there is nothing to regret in that! But pain handled in the world's way produces only death.

•Heb 12:1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

•David carried a huge weight until...2 Sam 12 / Ps 51

### **Ask & Pray**

- Lord, do I have a regret, a weight that You would like to reveal to me?
- Pray: Eph 1:18 I pray that the eyes of your heart be enlightened, so that you will know what is the hope of His calling...

### **#4 Ask for Forgiveness & Make Amends**

- Rm 12:18 If possible, so far as it depends on you, be at peace with all men.
- If it can be fixed...fix it!
- 1Jn 2:9-12 ...But the one who hates his brother is in the darkness and walks in the darkness, and does not know where he is going because the darkness has blinded his eyes... (how can you run blind?)

#### The Five Languages of Apology

1. Expressing Regret "I'm sorry"
2. Accepting Responsibility "I was wrong"
3. Making Restitution "What can I do to make it right?"
4. Genuinely Repenting "I'll seek God and ask for strength to not do this again"
5. Requesting Forgiveness "Will you please forgive me?"

- I am so sorry. I never intended to hurt you. I realize I was out of line. Can you forgive me for being so insensitive?
- I feel so badly that I disappointed you. I am asking God for the wisdom and power to not do that again.
- I know I hurt you deeply. That makes me feel so horrible inside. Is there any way you can ever forgive me?
- I know you felt betrayed by me. Do you think you could ever find it in your heart to trust me again? I know I don't deserve it, but I truly value our relationship and would like to start fresh.

### **Ask & Pray**

- Ask the Holy Spirit: Are there people I need to forgive? (Yourself included, maybe...God)
- Pray: Father, as an act of my will, I choose to forgive \_\_\_\_\_ (offender) for \_\_\_\_\_ (the offense). When he/she did that, it made me feel: \_\_\_\_\_ (name the emotion: guilty, angry, shameful, rejected, betrayed, confused, hopeless, belittled, afraid, alone). Lord, I bring these feelings to You. Please take them now and replace them with: \_\_\_\_\_ (peace, acceptance, love, respect, sound mind, hope, Your presence, dignity, joy). Lord, I take \_\_\_\_\_ (offender) off my hook, and put \_\_\_\_\_ (offender) on Your hook. I choose to never hold the consequences of their sin against them. Instead, I choose to trust You to redeem the damage that has been done because of their sin. According to Your promise in Isaiah 61:3, I receive beauty for ashes. Amen

### **#5 Get God's Perspective**

- And we know that all things work together for good to those who love God and to those who are called according to his purpose Rm 8:28
- Joseph
- ...you meant evil against me, but God meant it for good... Gen 50:20•Is 55:8 My thoughts are not your thoughts
- "Life Is But A Weaving" Corrie ten Boom

### **Any Regrets?**

- Ask: Is there anything You want to show me? Do I have regrets crippling my life?
- I wish I had applied myself in school –things would be so different today

- I regret not finishing high school/my GED
- I regret that I didn't finish college
- If only I had made a different career choice –maybe I'd be happier today
- I regret not finishing high school/my GED
- I regret that I didn't finish college
- If only I had made a different career choice –maybe I'd be happier today
- I regret marrying \_\_\_\_\_
- I regret not making things right before \_\_\_\_\_ died
- I regret having cheated on my spouse
- I regret having an abortion
- I regret disappointing my parents
- I regret getting into drugs! What was I thinking?
- I regret having sex with that person outside of marriage
- I regret getting pregnant
- I regret getting into debt
- I regret getting divorced
- If only I'd been a better parent –things would be so different with my children
- If only I could take back the words I said in anger
- If only I hadn't gotten into the car that night
- If only I had been born into a different family –things would be better
- If only I had watched what I ate –now I can't get this weight off
- I regret having been born \_\_\_\_\_ (fill in with ethnicity, gender, physical trait)
- I regret not following God all those years –now my life is really messed up!
- I regret \_\_\_\_\_...
- If only \_\_\_\_\_ ...
- I wish I wouldn't have \_\_\_\_\_ ...•

### **Deal With Regret Biblically**

- #1 Forget & Get A New Thought
- #2 Get Rid of Condemnation
- #3 Let Godly Sorrow Do Its Work & Get Rid of the Weights –You won't regret it!
- #4 Ask for Forgiveness and Make Amends
- #5 Get God's Perspective

### **Be Intentional**

Let's Run The Race Unhindered, Unshackled...Free...with...

### **No Regrets**