



# AVOIDING REGRET

THEN JUDAS, WHICH HAD BETRAYED HIM, WHEN HE SAW THAT HE WAS CONDEMNED, REPENTED HIMSELF, AND BROUGHT AGAIN THE THIRTY PIECES OF SILVER TO THE CHIEF PRIESTS AND ELDERS,

--MATTHEW 27:3--





# OUTLINE

INTRODUCTION

WHAT IS REGRET?

CHOOSING GODLY SORROW OVER WORLDLY

HOW TO AVOID REGRET

CONCLUSION

INVITATION

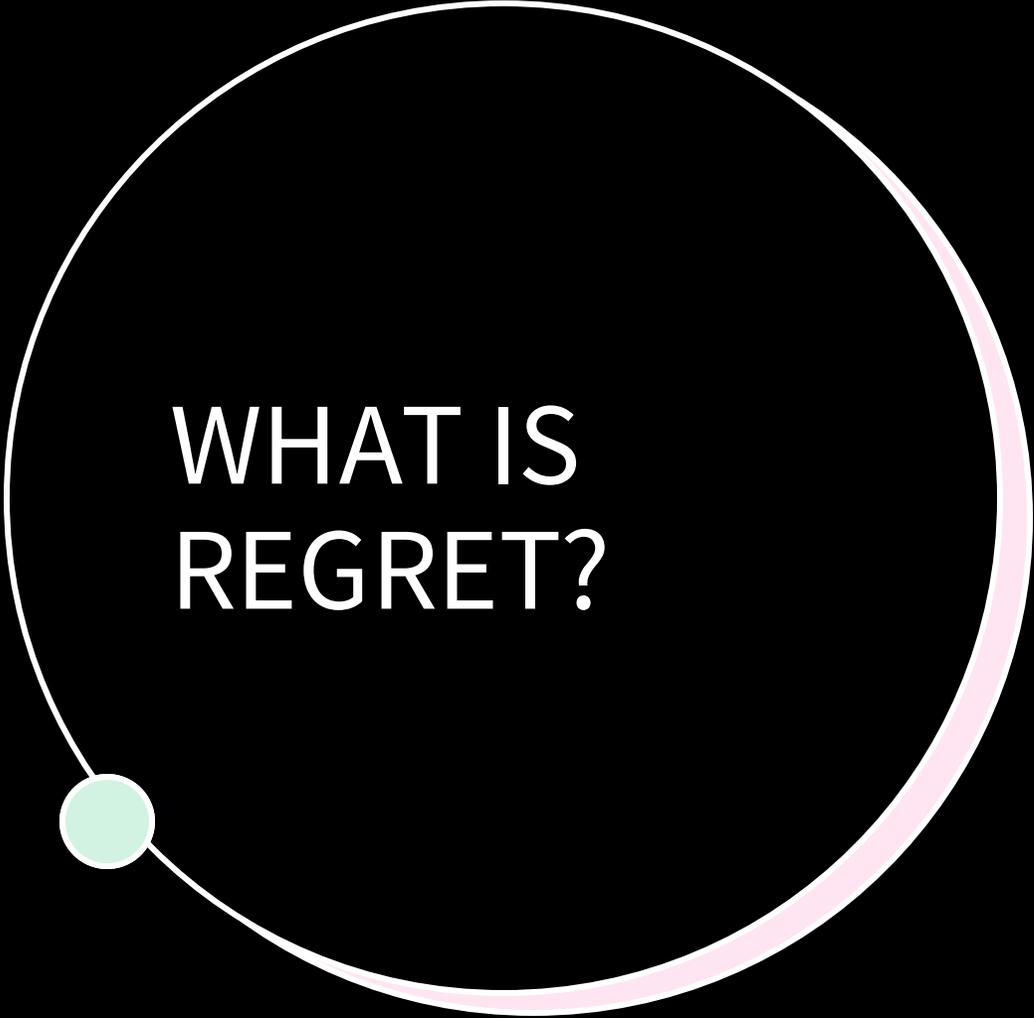




## INTRODUCTION

- “For all the sad words of tongue or pen, the saddest are these: It might have been.” (John Greenleaf Whittier)
- Often, regrets are the heaviest burdens we carry.
- Thought Question: If you had 1 year left to live, would you make any changes? What would they be?





# WHAT IS REGRET?

## Worldly definition:

Feeling sad or disappointed about missed opportunities or actions we did not think through.

## Bible definition:

True remorse for sins, leading to repentance.

# Is it repentance or regret?

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- Matthew 27:3- “he was remorseful...”
- Genesis 6:6- “And it the Lord was sorry...”
- 1 Samuel 15:11- “I greatly regret...”
- Greek word- Metamelomai- “remorseful/regretful”



## Is it repentance or regret?

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- **Luke 22:61**- Peter expresses a different feeling. A feeling of “**METANOIA**.” This is true sorrow for sin that leads to repentance.
- Many are sorry, but not enough to change. This is worldly sorrow.
- The “great grief” experienced by Peter is Godly sorrow.



# ● Choosing Godly Sorrow over Worldly Sorrow

Why do some dwell over the past?

- **Isaiah 43:18**- “Remember ye not the former things, neither consider the things of old.”
- **2 Corinthians 7:10**
- Paul is our example. **Acts 26:9 (1 Timothy 1:13)**



# Choosing Godly Sorrow over Worldly Sorrow

- **Philippians 3:13-14**, “Brethren, I count not myself to have apprehended: but this one thing I do, **forgetting** those things which are behind, and **reaching** forth unto those things which are before,..”
- **2 Corinthians 5:17**- Christians are a new creation.
- God will not change the past, but he can use it.
  - **Genesis 50:20; Romans 8:28** (to those loving God)///

# Keys on How to Avoid Regret

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- #1: Realize that life is too short- **Ephesians 5:15-17**
- #2: Focus on doing the Lord's work- **Philippians 1:27**
- #3: We must forgive ourselves- **Hebrews 8:12; 1 John 1:9**
- #4: We need to strengthen others- **Romans 12:18**



# Conclusion



- If Satan can chain us to the past, he can control our future.
- We must guard against the regret that matters most, **Matthew 7:21-23**.
- Remember our thought question. What would you change? Why not begin today?



# Invitation

Have you obeyed?

HEAR

BELIEVE

REPENT

CONFESS

Be Baptized

Live faithfully

You have obeyed

REPENT

CONFESS

PRAY FORGIVENESS

Live in Faith

