

November 29, 2015

NO REGRETS?

Text: 1 Corinthians 15:10

We've all done things that any reasonable person would regret. It's endemic to the human race. The question is: What _____ with those regrets?

When we talk about regrets, this is what we're talking about: the inability to forgive yourself for the wrong things you have done.

1. Make sure that you have sought forgiveness from _____ and from _____.

The Bible says that God doesn't withhold his forgiveness, but he is ready to forgive. And when he forgives, he forgives once and for all and forever. (1st John 1:9 and Jeremiah 31:34)

If you're struggling with regret and having a hard time forgiving yourself for things in the past, make sure that you have settled it with God, seek his forgiveness.

You can't be right with God and stay _____ with others.

When you know that you have done all that you can to settle matters with God and with others, it's becomes easier to settle matters with yourself.

2. Forgiving yourself is not _____. Forgiving yourself is included in the believer's forgiveness mandate.

We are required, as followers of Christ, to forgive everybody. Everybody includes you.

3. The process of forgiving _____ is the same as the process for forgiving _____.

If you want to be free from the past, create some boundaries for yourself and a system of accountability.

It's easier to let go of what you have done in the past when you know that you've taken steps that will prevent it from happening again.

Be transformed by the renewing of your mind. (Romans 12:2)

...to be made new in the attitude of your minds and to put on the new self, created to be like God ... (Ephesians 4:23-24)

You can't renew your mind if you're still spending all your time reliving the junk from your past.

God's Spirit is working to give you a new life and a transformed nature through the power of Jesus Christ. You need to get in the habit of thinking about what you can be when you're at your best, rather than dwelling on what you used to be when you were at your worst.

Forgiving yourself is not about having no regrets. It's about having no _____ regrets.

God wants you to confront those things from the past that sometimes haunt you.

He wants you to confess them to him and confess them to others.

He wants you to make amends when it's possible to make amends.

He wants you to keep moving forward into the life he has created for you.