

STARTING OVER





2 CORINTHIANS 7:10

“Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”

PHILIPPIANS 3:12–16 (NIV)

¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

PHILIPPIANS 3:12–16 (NIV)

¹⁵ All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained.

**Through Jesus' sacrifice on the cross, we have
been offered complete forgiveness for our sins
and can be released from our regrets.**

Ephesians 1:7–8 (NIV)

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us.

2 Corinthians 5:21 (NIV)

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

TROUBLESHOOTING GUIDE FOR OUR REGRETS

(According to the Gospel Of Jesus)

1. Do you have regret related to grieving God?

What to do: Confess them and ask God for forgiveness.

1 JOHN 1:8–2:2 (NIV)

⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰ If we claim we have not sinned, we make him out to be a liar and his word is not in us.

1 JOHN 1:8–2:2 (NIV)

My dear children, I write this to you so that you will not sin.

But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One.² He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

PSALM 32:3–5 (NIV)

*...I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord.”
And you forgave the guilt of my sin.*

PSALM 51:10

Create in me a pure heart, O God, and renew a steadfast spirit within me.

TROUBLESHOOTING GUIDE FOR OUR REGRETS

(According to the Gospel Of Jesus)

2. Do you still carry residual regret (even after God's forgiveness)?

What to do: Forgive yourself (i.e. fully accept God's forgiveness).

TROUBLESHOOTING GUIDE FOR OUR REGRETS

(According to the Gospel Of Jesus)

3. Do you have regret having caused pain towards another?

What to do:

- *Seek an opportunity to express your regret and make peace.*
- *Ask for forgiveness if there was wrongdoing.*

Romans 12:18 (NIV)

If it is possible, as far as it depends on you, live at peace with everyone.

TROUBLESHOOTING GUIDE FOR OUR REGRETS

(According to the Gospel Of Jesus)

4. Do you regret getting hurt by actions of another?

What to do: choose to forgive others as God has forgiven us

EPHESIANS 4:32:

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

MATTHEW 6:14–15 (NIV)

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

HOW DO WE FORGIVE?

- 1. RECALL** – Ask the Lord to show you those who you have not fully forgiven and why?
- 2. RECOGNIZE** – what God has done for you and who you now are because of him.
- 3. REPENT** of your sin of bitterness towards the person and any other actions of retaliation (i.e. gossip, slander, revenge, anger, hatred).
- 4. RELEASE** the person from every debt, telling God you choose to forgive the people who hurt you.

TROUBLESHOOTING GUIDE FOR OUR REGRETS

(According to the Gospel Of Jesus)

5. Do you have regret over circumstances that took place (that you blame God for allowing)?

What to do: lament and grieve, while believing that God hears and will redeem.

PSALM 10:1, 17 (NIV)

¹ Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?

¹⁷ You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry...

PSALM 10:1, 17 (NIV)

¹ Why, Lord, do you stand far off? Why do you hide yourself in times of trouble?

¹⁷ You, Lord, hear the desire of the afflicted; you encourage them, and you listen to their cry...

ROMANS 8:28

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

