

RESPONDING TO REGRET

How To Deal With How You Feel – Part 3

March 22, 2009

Psalm 32: 1-8

“My guilt overwhelms me—it is a burden too heavy to bear. My wounds fester and stink because of my foolish sins...My days are filled with grief..My groans come from an anguished heart.” Psalm 38:4-8 (NLT)

HOW TO TAKE ACTION ON REGRET...

1. Start Over: seek forgiveness from my past.

*“Finally, I confessed all my sins to You and stopped trying to hide them... And You forgave me! All my guilt is gone.”
Psalm 32:5 (NLT)*

“As far as east is from west, You have removed my sins from me.” Psalm 103:12 (Mess)

“So now there is no condemnation for those who belong to Christ Jesus.” Romans 8:1 (NLT)

2. Look Ahead: see a picture of God's future.

“Lord remind me how brief my time on earth will be. Remind me that my days are numbered and that my life is fleeting away.” Psalm 39:4 (NLT)

“Our days on earth are like grass; like wildflowers, we bloom and die.” Psalm 103:15 (NLT)

My Biggies:

a.

b.

c.

3. Stop & Think: evaluate my direction.

*“People who cover over their sins will not prosper. But if they confess and forsake them, they will receive mercy.”
Proverbs 28:13 (NLT)*

*“The lazy person is full of excuses saying, ‘If I go outside I might meet a lion in the street and be killed.’”
Proverbs 22:13 (NLT)*

4. Move Forward: pursue God's way.

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.” Matthew 7:13-14 (NIV)

*“For all have sinned and fall short of God’s glorious standard... For the wages of sin is death...”
Romans 3:23; 6:23 (NLT)*

*“We are made right in God’s sight when we trust in Jesus Christ to take away our sins. And we all can be saved in this same way, no matter who we are or what we have done.”
Romans 3:22 (NLT)*

“And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.” Romans 8:28 (NLT)