

FREEDOM FROM REGRET AND SHAME

QUOTES

Regret: sorrow aroused by circumstances beyond one's control or power to repair. An expression of distressing emotion (as sorrow). **Webster**

God wants to be involved in our quest to move beyond regret. He created us and wants an intimate relationship with us. He is not waiting for us to 'fix' ourselves and then enter into relationship with Him. On the contrary, we need to come to Him first – He will take us through the 'fixing' process. **Laurie Driesen**

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons. **Jim Rohn**

Will you continue to be defined by your bad decisions, or will you look beyond them to God, who can take what you give him and turn it into something productive and eternal? You can choose a life of prolonged regret or a life of optimism and fulfillment. It's your call. **Erwin W Lutzer**

The Bible spells optimism this way...HOPE! **John E Brown**

Many of us crucify ourselves between two thieves – regret for the past and fear of the future. **Fulton Ousler**

To sit back hoping that someday, some way, someone will make things right is to go on feeding the crocodile, hoping he will eat you last – but eat you he will. **Ronald Reagan**

The cross is bigger than your mistakes, bigger than your regrets, bigger than the secrets you hold. The cross stands above it ALL. **Nickey Gumbel**

Shame corrodes the very part of us that believes we are capable of change. **Brene Brown**

Shame is a soul eating emotion. **C. Jung**

We can endure all kinds of pain. It's shame that eats men whole. **L. Bardugo**

Shame is the intensely powerful feeling that we are unworthy of love and belonging. **Brene Brown**

If you don't leave your past in the past, it will destroy your future. Live for what today has to offer and not for what yesterday has taken away. **Anon**

Forgive yourself for not knowing what you didn't know before you learned it. **Anon**

WHAT JESUS DID ON THE CROSS CANCELS THE SYMPTOMS AND CAUSES OF GUILT, FEAR, REGRET, AND SHAME.

13When you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, 14having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross. **Colossians 2:13-14 NASB** (also see **Hebrews 8:12**)

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The 'unholy trinity' of regret:

- If only I _____.
- If only they _____.
- If only he/she _____.

What the gnawing locust has left, the swarming locust has eaten; and what the swarming locust has left, the creeping locust has eaten; and what the creeping locust has left, the stripping locust has eaten. **Joel 1:4 NASB**

“Then I will make up to you for the years that the swarming locust has eaten, the creeping locust, the stripping locust and the gnawing locust, my great army which I sent among you. **Joel 2:25 NASB**

- Guilt, fear, regret, and shame devour our time, energy, potential, and if permitted, our destiny.
- The regrets of your past must not be permitted to determine the capacity of your future.

GIVE GOD THE 'DESTRUCTION PERMIT' TO RID YOU OF YOUR REGRET.

For godly grief *and* the pain God is permitted to direct, produce a repentance that leads *and* contributes to salvation *and* deliverance from evil, and it never brings regret; but worldly grief (the hopeless sorrow that is characteristic of the pagan world) is deadly [breeding and ending in death]. **2 Corinthians 7:10 AMPC**

For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. **2 Corinthians 7:10 NLT**

Distress that drives us to God does that. It turns us around. It gets us back in the way of salvation. We never regret that kind of pain. But those who let distress drive them away from God are full of regrets, end up on a deathbed of regrets. **2 Corinthians 7:10 MSG**

- God uses the 'pain He is permitted' to direct and enforce the cancellation of regret.
- Notice the sequence in God's dealings with us.
 - "...the kindness of the Lord leads us to repentance." (**Romans 2:4 NASB**) "and the sorrow that is according to the will of God produces a repentance without regret..." (**2 Corinthians 7:10**)
- So, it looks like this – the kindness of God brings to us a godly sorrow (conviction) that leads us to repentance (a change of mind) that leads us to decisions that produce freedom in our real-life experiences and leaves us no room for regret.

GOD HATES REGRET AND WHAT IT DOES TO US, AND HE WANTS US LIVING FREE FROM REGRET.

What does God want you to do with your regrets? You admit your guilt, accept Christ's forgiveness, forgive yourself, and focus on the future. **Rick Warren**

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You can't go back and change the beginning, but you can start where you are and change the ending.

C.S. Lewis

PRACTICAL STEPS TO CONQUER REGRET:

- Shut down the voice of the accuser by the power of the blood of Jesus.
- ...they overcame him (the accuser – see **Revelation 12:10**) because of the blood of the Lamb and because of the word of their testimony... **Revelation 12:11 NASB**

Require yourself to be fully convinced of this truth..." there is now no condemnation for those who are in Christ Jesus." **Romans 8:1 NASB**

- The accuser points to our past, to our failures and the failures of others toward us.
- The Holy Spirit fills us with hope because He points us to our future and our destiny in God.
- Now there is no condemnation, and it is now that the just live by faith.
- Focus on and press on for the prize of His upward call in Christ Jesus. (**Philippians 3:13-14**)
- Forget – refuse to focus on what lies behind and push forward to what lies ahead.
- Remember that God is in the transformation 'business'.
 - When you love Him, He makes all things work together for good. (**Romans 8:28-29**)
 - He converts our short comings and the things that the enemy throws at us and turns them to good as we trust Him.
- Pray **Ephesians 2:10**: "We are His workmanship created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."
 - The enemy would paralyze us with guilt and regret, but that is not God's plan for you.
 - The mistakes we have made, and the ones people have made on us are not for the purpose of humiliating us.
 - Let the experiences of the past serve to keep you humble before the Lord. God gives grace to the humble. His unmerited favor and the desire and power to do the will of God. (**Philippians 2:13**)

This is His grace, and He wants you to live in it.