sundaynovembersecondtwothousandtwentyfivead

REGRET

HAUNTED

Week 1: Fear - I cannot live in fear and trust God at the same time.
Week 2: Doubt - Doubt reveals where I am focused.

Issue #1

_____ Regret

_____ The Neuroscience

_____ Thoughts

Learning To _____

Issue #2

_____ Connection

Power Of _____

- **Closeness to an alternate outcome.**
- **Sense of responsibility.**
- **Irreversibility matters.**

_____

The _____

- **Regret tells us we care. It tells us we are capable of seeing beyond our immediate desires. It tells us we have a vision of the kind of person we want to be.**

2 Corinthians 7:10 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. **11** Just see what this godly sorrow produced in you! Such earnestness, such concern to clear yourselves, such indignation, such alarm, such

longing to see me, such zeal, and such a readiness to punish wrong. You showed that you have done everything necessary to make things right. **12** My purpose, then, was not to write about who did the wrong or who was wronged. I wrote to you so that in the sight of God you could see for yourselves how loyal you are to us. **13** We have been greatly encouraged by this. *(NLT)*

Healthy Regret:

- Tells us we care.
- Pushes us to be better people.
- Gives us opportunities to grow.
- Helps us correct mistakes and choices.
- Keeps us pushing to do better.
- Keeps us pushing to do better.
- Provides a sense of responsibility.
- Teaches us that choices have consequences.

Unhealthy Regret:

- Negative Emotions, behaviors, and Cognitive thoughts.
- Continually focuses on the past.
- Places blame for the past.
- Drives guilt, sorrow, stress.
- Self-punishment, doubt, attitudes, and desires.
- Counterfeit thinking, fixating rather than fixing, unforgiving.
- Instead of motivating us forward, it paralyzes and leaves us ruminating. (chewing cud)

Issue #3

_____ Regret

_____ **Regret, Sorrow, or Grief**

- Regret: נָחַם; (Hebrew - nacham [naw-kham']); (properly) to sigh, i.e., breathe strongly; (by implication) to be sorry; (hence, in a favorable sense) to pity, console; (reflexively) to rue; (hence, unfavorably) to avenge (oneself)

Genesis 6:6 So the Lord was sorry he had ever made them and put them on the earth. It broke his heart. *(NLT)*

1 Samuel 15:11 "I am sorry that I ever made Saul king, for he has not been loyal to me and has refused to obey my command." Samuel was so deeply moved when he heard this that he cried out to the Lord all night. *(NLT)*

Isaiah 63:10 But they rebelled against him and grieved his Holy Spirit. So he became their enemy and fought against them. *(NLT)*

Psalm 78:40 Oh, how often they rebelled against him in the wilderness and grieved his heart in that dry wasteland. *(NLT)*

The _____ Of The Matter

2 Corinthians 7:10 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. *(NLT)*

1 Peter 1:18 For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value. **19** It

was the precious blood of Christ, the sinless, spotless Lamb of God. **20** God chose him as your ransom long before the world began, but now in these last days he has been revealed for your sake. *(NLT)*

Ephesians 4:30 And do not bring sorrow to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. *(NLT)*

Issue #4

_____ Making

_____ **Choices**

Romans 8:28 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. *(NLT)*

_____ **Choices**

Philippians 3:13 No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, **14** I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. **15** Let all who are spiritually mature agree on these things. If you disagree on some point, I believe God will make it plain to you. *(NLT)*

Job 5:3 I have seen that fools may be successful for the moment, but then comes sudden disaster. *(NLT)*

Psalm 73:21 Then I realized that my heart was bitter, and I was all torn up inside. 22 I was so foolish and ignorant—I must have seemed like a senseless animal to you. **23** Yet I still belong to you; you hold my right hand. *(NLT)*

Proverbs 8:5 You simple people, use good judgment. You foolish people, show some understanding. *(NLT)*

Luke 22:61 At that moment the Lord turned and looked at Peter. Suddenly, the Lord's words flashed through Peter's mind: "Before the rooster crows tomorrow morning, you will deny three times that you even know me." **62** And Peter left the courtyard, weeping bitterly. *(NLT)*

Mark 16:7 "Now go and tell his disciples, including Peter, that Jesus is going ahead of you to Galilee. You will see him there, just as he told you before he died." *(NLT)*

Jeremiah 24:7 I will give them hearts that recognize me as the Lord. They will be my people, and I will be their God, for they will return to me wholeheartedly. *(NLT)*

_____ **Choices**

Matthew 27:3 When Judas, who had betrayed him, realized that Jesus had been condemned to die, he was filled with remorse. So he took the thirty pieces of silver back to the leading priests and the elders. **4** "I have sinned," he declared, "for I have betrayed an innocent man." "What do we care?" they retorted. "That's your problem." **5** Then Judas threw the silver coins down in the Temple and went out and hanged himself. *(NLT)*

2 Corinthians 7:10 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. *(NLT)*

Romans 10:9 If you openly declare that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. **10** For it is by believing in your heart that you are made right with God, and it is by openly declaring your faith that you are saved. *(NLT)*

Issue #5

Godly _____

_____ **Living**

Psalm 51:12 Restore to me the joy of your salvation, and make me willing to obey you. *(NLT)*

2 Timothy 2:24 A servant of the Lord must not quarrel but must be kind to everyone, be able to teach, and be patient with difficult people. **25** Gently instruct those who oppose the truth. Perhaps God will change those people's hearts, and they will learn the truth. **26** Then they will come to their senses and escape from the devil's trap. For they have been held captive by him to do whatever he wants. *(NLT)*

_____ **Heart**

- Regret is the emotional residue of choice. It means we lived. We cared. We reached. We fell short, but we dared to decide.
- Your brain, in all its complexity, doesn't haunt you with regret to punish you. It does so to teach, to remember, to press on.

Deuteronomy 10:15 Yet the Lord chose your ancestors as the objects of his love. And he chose you, their descendants, above all other nations, as is evident today. **16** Therefore, change your hearts and stop being stubborn. *(NLT)*

2 Timothy 4:7 I have fought the good fight, I have finished the race, and I have remained faithful. **8** And now the prize awaits me—the crown of righteousness, which the Lord, the righteous Judge, will give me on the day of his return. And the prize is not just for me but for all who eagerly look forward to his appearing. *(NLT)*