

C S  
 O H A  
 IF I COULD S N A N  
 E G H JUST T M X L  
 N U A R T T M X L  
 V I **B E F R E E** I I  
 Y L I G E E M E E  
 T T R A S P T S  
 S E R S T Y  
 T

### REGRET

#BeFreeSeries • Part 2 • September 8-9, 2018

Where the Spirit of the Lord is there is freedom. (2 Corinthians 3:13)

#### NO REGRETS?

✓ We \_\_\_\_\_

A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance. (Proverbs 28:13, TLB)

✓ We \_\_\_\_\_

You are always ready to accuse your own brothers and to find fault with them. (Psalm 50:20)

✓ We \_\_\_\_\_

My regret has overwhelmed me. It's overwhelmed me like a burden too heavy to bear. I am exhausted and completely crushed. (Psalm 38:4)

#### TWO DIFFERENT RESPONSES

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." And Peter left the courtyard, weeping bitterly. (Luke 22:61-62)

When Judas realized that Jesus had been condemned to die, he was filled with remorse. (Matthew 27:3)

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. (2 Corinthians 7:10)

Jesus said, "Satan has asked to sift all of you as wheat. But I have prayed for you, that your faith may not fail. And when you have turned back, strengthen your brothers." (Luke 22:31-32)

Failure isn't \_\_\_\_\_. It's \_\_\_\_\_!

#### WHAT SHOULD I DO WITH REGRET?

A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep. (John 21:17)

1. I can \_\_\_\_\_ it.

See to it that no one misses out on the grace of God. (Hebrews 12:15)

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. (Psalm 32:5)

2. I can \_\_\_\_\_ for it.

First pride, then the crash— the bigger the ego, the harder the fall. (Proverbs 16:18)

The wise are cautious and avoid danger; fools plunge ahead with reckless confidence. (Proverbs 14:16)

Let us throw off everything that hinders and the sin that so easily entangles. (Heb. 12:1)

3. I can't \_\_\_\_\_ it, but \_\_\_\_\_ it.

Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do. (Isaiah 43:18-19, GNB)

I will repay you for the years the locusts have eaten. (Joel 2:25)

Therefore, if anyone is in Christ, they are a new creation. The old has gone, the new has come. (2 Corinthians 5:17)

My biggest regrets are \_\_\_\_\_

If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us of every wrong. (1 John 1:9)

**H** **HEARTLAND CHURCH** is an interdenominational, multisite church in Indianapolis, Indiana. Unless otherwise indicated, all Scripture quotations are taken from the THE HOLY BIBLE, (NIV), ©1973-2011 by Biblica, Inc, and (NLT) ©1996-2015 by Tyndale House Foundation. Sermons, notes and group guides are available for download at [heartlandchurch.com](http://heartlandchurch.com) and on the Heartland Church App available for iOS & Android.

C S  
 O H A  
 IF I COULD S N A N  
 E G H JUST T T M X L  
 N U A R T T M X L  
 V I **B E F R E E** I I  
 Y L I G E E M E E  
 T T R A S P T S  
 S E R S T Y  
 T

## REGRET

#BeFreeSeries • Part 2 • September 8-9, 2018

Where the Spirit of the Lord is there is freedom. (2 Corinthians 3:13)

### NO REGRETS?

✓ We bury them.

A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance. (Proverbs 28:13, TLB)

✓ We blame others.

You are always ready to accuse your own brothers and to find fault with them. (Psalm 50:20)

✓ We beat ourselves up.

My regret has overwhelmed me. It's overwhelmed me like a burden too heavy to bear. I am exhausted and completely crushed. (Psalm 38:4)

### TWO DIFFERENT RESPONSES

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." And Peter left the courtyard, weeping bitterly. (Luke 22:61-62)

When Judas realized that Jesus had been condemned to die, he was filled with remorse. (Matthew 27:3)

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. (2 Corinthians 7:10)

Jesus said, "Satan has asked to sift all of you as wheat. But I have prayed for you, that your faith may not fail. And when you have turned back, strengthen your brothers." (Luke 22:31-32)

Failure isn't fatal. It's necessary!

### WHAT SHOULD I DO WITH REGRET?

A third time he asked him, "Simon son of John, do you love me?" Peter was hurt that Jesus asked the question a third time. He said, "Lord, you know everything. You know that I love you." Jesus said, "Then feed my sheep. (John 21:17)

1. I can admit it.

See to it that no one misses out on the grace of God. (Hebrews 12:15)

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. (Psalm 32:5)

2. I can take responsibility for it.

First pride, then the crash—the bigger the ego, the harder the fall. (Proverbs 16:18)

The wise are cautious and avoid danger; fools plunge ahead with reckless confidence. (Proverbs 14:16)

Let us throw off everything that hinders and the sin that so easily entangles. (Heb. 12:1)

3. I can't change it, but Christ can redeem it.

Do not cling to events of the past or dwell on what happened long ago. Watch for the new thing I am going to do. (Isaiah 43:18-19, GNB)

I will repay you for the years the locusts have eaten. (Joel 2:25)

Therefore, if anyone is in Christ, they are a new creation. The old has gone, the new has come. (2 Corinthians 5:17)

My biggest regrets are not too big for God's grace.

If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us of every wrong. (1 John 1:9)

**H** HEARTLAND CHURCH is an interdenominational, multisite church in Indianapolis, Indiana. Unless otherwise indicated, all Scripture quotations are taken from the THE HOLY BIBLE, (NIV), ©1973-2011 by Biblica, Inc, and (NLT) ©1996-2015 by Tyndale House Foundation. Sermons, notes and group guides are available for download at [heartlandchurch.com](http://heartlandchurch.com) and on the Heartland Church App available for iOS & Android.