Regret

Introduction: Notice the sermon title is not “living without regrets” or “Having a Regret Free Life”. Regret is something most of us have felt at various times. Regret is the sense of sorrow or remorse for an act, fault, disappointment. Regret is distress of the mind

**I) Common Regrets**

**A) Five Things People Regret While Dying**

1. I wish I had let myself be happier

2. I wish I had in touch with my friends

3. I wish I had the courage to express my feelings

4. I wish I had not worked so hard

5. I wish I had lived a true life to myself, not the life others expected of me.

**B) Forbes Magazine article on 25 common regrets**

1. Working at expense of family and friends

2. Standing up to bullies in school and life

3. Stayed in touch with good friends from my childhood.

4. Turned off my phone more/ left my phone at home

5. Breaking up with my true love

6. Worrying about what others thought about me so much.

7. Not having confidence in myself

8. Burying the hatchet with a family members or old friend.

**II) Facts About Regrets**

**A) Everyone has regretted something at one time of another.**

1. Song “I Did It My Way” by Frank Sinatra. “Regrets, I’ve had a few, but then again to few to mention. His daughter Tina in a 2000 interview, “He always thought that song was self-serving and self-indulgent. He didn’t like it.”

2. **Mark 6.25-26** shows us the ungodly often regret decisions they have made.

3. Do you think Paul never regretted having killed Christians?f

4. Even God regretted having made man. **Genesis 6.5-6.**

**B) Regrets fall into two categories.**

1. Those things we wish we had done. Wondering how things would have been different if only we had…

2. Those things we wish we had not done. I wish I never…

**C) We cannot go back and change the past. Unless you have a DeLorean time machine.**

1. Don’t get lost in yesterday year.

2. If you are currently regretting what you are doing then stop it! Quit, repent, turn back toward God.

3. One person said they have a problem of letting regret settle. Looking at past mistakes and not thinking enough about God’s forgiveness. **Phil. 3.13-14**

**III) Some Things You Will Not Regret**

**A) Showing kindness and love to those around you. Romans 12.6**

1. How you treat others is very important

2. Take time to say words of encouragement, such as “you are doing a good job” or “I appreciate you.”

3. In fact we are commanded to love our neighbor, **Matthew 22.39.**

4. Love is one thing everyone needs and yearns for.

a. The young need to feel love as they grow up and face the issues of life.

b. The old need to know they are still appreciated and wanted.

c. Those in between need to know they can rely on you.

4. Dorcas was known for her good deeds, **Acts 9.**

**B) Giving your family your best.**

1. Sometimes we do get too caught up in work, recreation, and others things and our families are short changed.

2. Take time to get to know your children, **Psalm 127.3**

3. Make sure the bond between you and your spouse remains strong. **Proverbs 5.18**

**C) Burying the hatchet, letting go of grudges.**

1. Forgiveness if connected with our own well-being, **Matthew 6.14.**

2. We are to be peacemakers, **Matthew 5.9.**

**D) Thinking before you speak, James 1.19.**

1. Make sure your brain is in gear before your mouth is.

2. A soft answer turns away wrath, **Proverbs 15.1**

3. A word fitly spoken is like apples of gold in pictures of silver, **Proverbs 25.11.**

**E) Cultivating a good reputation, a good name.**

1. Your reputation will go with you wherever you go.

2. A good name is worth a lot, **Proverbs 22.1.**

**F) Obeying the Gospel.**

1. You will have the reward of heaven!

2. A spiritual family, the avenue of prayer.

3. Paul did not regret his obedience to God, **2 Timothy 4.6-8.**

4. When the end comes a lot of things won’t matter. Few things will.

Conclusion: Don’t live your life in regret live with hope.