Regret

Introduction: 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**

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

**II) Facts About Regrets**

**A) 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.

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?

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

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

**C) We cannot go back and change the past** . **Phil. 3.13-14**

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

**A) . 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,” **Matthew 22.39**, **Acts 9.**

**B) .**

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

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

**C) , letting go of grudges.**

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

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

**D) , James 1.19.**

1. A soft answer turns away wrath, **Proverbs 15.12**

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

**E) .**

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

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

**F)**

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.