

## **RELEASING YOUR REGRETS**

### **How to Handle Life's Hurts - Part 3**

**Psalm 32:1** "Blessed is he whose transgressions are forgiven, whose sins are covered."

#### **I. REGRETS: WHAT WE NORMALLY DO:**

1. \_\_\_\_\_ **THEM**

**Psalm 19:2** "No one can see his own errors: deliver me, Lord, from secret faults."

**Proverb 28:13** "The man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance."

2. \_\_\_\_\_ **OTHERS**

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

3. \_\_\_\_\_ **OURSELVES**

**Psalm 38:4-8** "I am drowning in the flood of my sins, they are a burden too heavy to bear. Because I have been foolish, I'm utterly worn out and crushed, my heart is troubled..."

#### **II. REGRETS: WHAT WE SHOULD DO:**

1. \_\_\_\_\_ **IT**

**Psalm 51:3** "I recognize my faults; I'm conscious of my sins..."

**Psalm 32:5** "...I decided to confess them to you and you forgave all my sins."

2. \_\_\_\_\_ **GOD'S FORGIVENESS**

**Romans 8:1** "There is no condemnation for those who live in Christ Jesus."

**Psalms 103:3** "As far as east is from west, you have removed my sins from me."

**Isaiah 38:17** "You have cast all my sins behind Your back."

**John 3:17.** Jesus said, "I did not come to condemn the world, but I came to save it."

3. \_\_\_\_\_ **YOURSELF AND** \_\_\_\_\_ **THE FUTURE**

**Isaiah 43:18-19** "The Lord says, `Do not cling to the events of the past, or dwell on what happened long ago. Watch for the new thing I am going to do!'"

**III. REGRETS: WHAT GOD WANTS TO DO:**

1. \_\_\_\_\_ **your conscience.**

**Isaiah 1:8** "Come, let's talk this over, says the Lord. No matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow."

**Jeremiah 31:34** "...I will remember your sins no more..."

2. \_\_\_\_\_ **your character.**

**2 Corinthians 5:17 (LB)** "When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!"