



Week Four: Regret

Regret: sorrow aroused by circumstances beyond one's control or power to repair. An expression of distressing emotion as sorrow or disappointment.

Age doesn't matter, at some point we feel regret for not doing our best and then disappointment sets in and we just get in a funk; sometimes for a short time and others we just never let go and stay up worrying all night long. But again, we don't need to lose sleep over this. We also have "Friends" that help feed our regret; they may mean well but the questions still sting. If you only had tried harder or practiced longer. Why did you take that job you knew it was a dead end? Why did you marry her/him?

And many more you can think of but the best one I know is right in the Bible when Peter denied Christ.

Read: **Luke 22:54-62** Peter's denial of Christ.

How did Peter feel after the rooster had crowed the third time?

How about the look between Christ and Peter? How did they both feel?

When have you felt the need to weep?

Now read: **John 21: 15-19** Peter's restoration and the place Christ elevated him to.

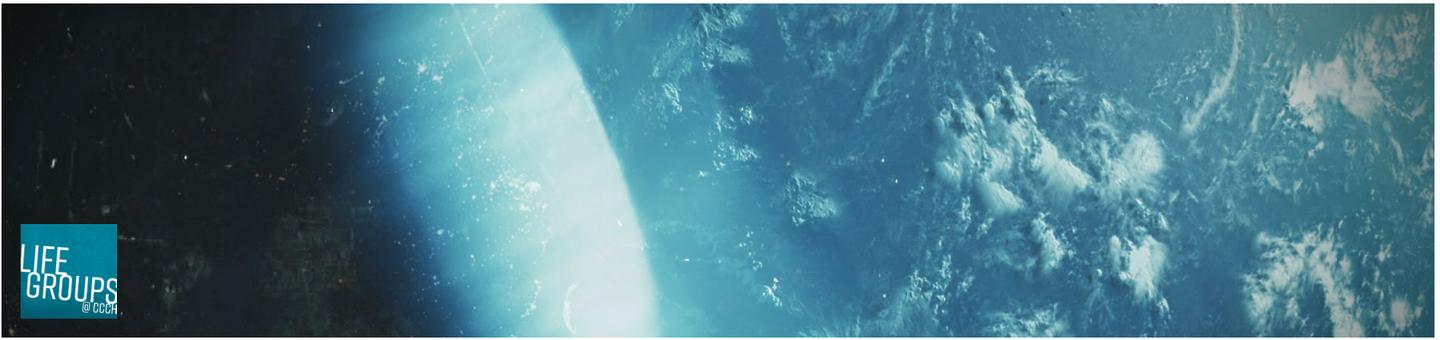
I picture Peter as being a man's man; rugged, ripped, a big man. Successful business owner and leader of others. Peter was the Alpha Male we all wish we were and yet he had a big heart and when he denied Christ it hit him hard. But then in John Christ restores Peter to a position of leadership through "grace" that Peter himself didn't see coming. Yes Christ asked Peter 3 times to feed, tend and feed His sheep. Wow complete forgiveness. And Peter never looked back.

When have you failed? Did you have regrets?

Did you ever have to ask for forgiveness? Be redeemed?

1 Corinthians 10:12-13 ¹² "So, if you think you are standing firm, be careful that you don't fall! ¹³ No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

What do these passages say to us about Christ's redemption and restoration for us?



These passages tell us much.

We should never say this won't happen to us, but failures would never happen then. I can just imagine when Jesus turned and looked at Peter when the rooster crowed. The look had to have burned deep into Peter's heart. I know that I would have felt hopeless, shame, worthless and embarrassed, will this feeling go away or keep resurfacing. Will I lose sleep? Will anyone ever trust me again, how will I rise above this failure? And yet scripture tells us we will, but we will need to do 3 things just as Christ asked Peter 3 times.

1. Peter owned up to his failure.

Matthew 26:75 ⁷⁵ "And he went outside and wept bitterly."

Proverbs 28:13 ¹³ "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."

We need to take personal responsibility no matter what happens. Let all the emotions out and you will feel free. Dr. Seuss said "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

Don't say "YEAH BUT" take ownership, no excuses, no blame rationalization.

You can't blame others for your way to freedom.

For it will leave you broken, you will have sleepless nights worrying.

James 4:10 ¹⁰ "Humble yourselves before the Lord, and he will lift you up."

2. Peter stayed in the group. We all need good friends to help support us at all times.

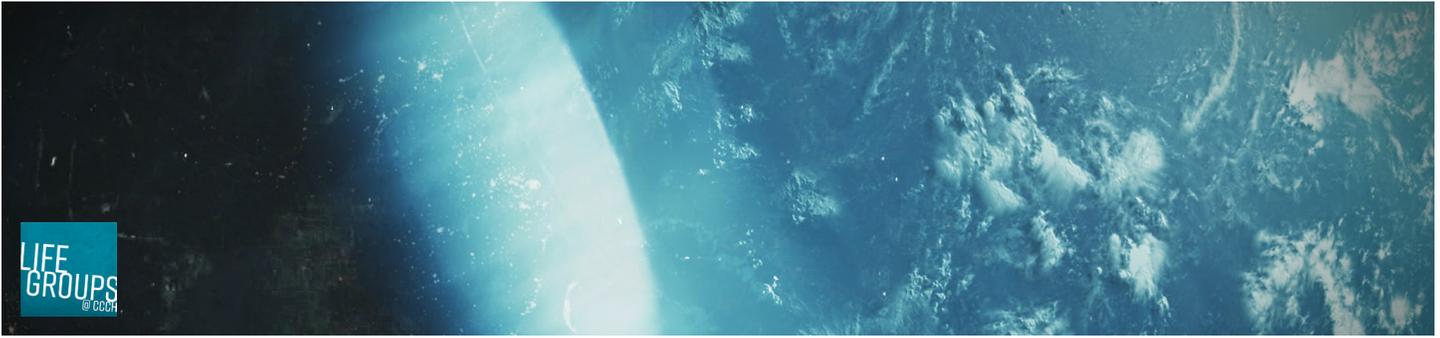
Ecclesiastes 4:10 ¹⁰ "If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

Are you alone? Are you active and support your Church and small group?

How sad is that if we don't have anyone to help us out. This is why fellowship is so important; and for us to be able to share with others, not only in Church fellowship but being in Life Groups or other smaller group, where we can share openly without condemnation.

3.

John 21:7-8 ⁷ "Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord!" he wrapped his outer garment around him (for he had taken it off) and jumped into the water. ⁸ The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards."



Have you jumped in? Are you all in?

Have you locked eyes with Jesus and seen forgiveness?

Agape unfailing love.

Phileo a brotherly love.

God is Love. Don't ever feel God is done with you because He isn't. With God we can rise up from anything and everything.

1 Peter 1:3-4 ³ "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you."

So stop hiding in your guilt, shame, regret. Stop running. Let Jesus Christ surge through you for acceptance and freedom from all our imperfections being made perfect in Him.

Sleep well tonight.