

How To Deal With How You Feel

WHEN YOU FEEL REGRET

Psalms 38:4-8

My guilt has overwhelmed me like a burden too heavy to bear. My wounds fester and are loathsome because of my sinful folly. I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body. I am feeble and utterly crushed; I groan in anguish of heart.

I. GOOD NEWS ABOUT REGRETS

- A. Regrets are inevitable – Romans 3:23
- B. Regrets are forgivable – 1 John 1:9
- C. Our regrets are directional – Romans 8:28

“God sent not his son into the world to condemn the world. But that the world through him might be saved.” John 3:17

II. FOUR SIMPLE ACTION STEPS

1. START OVER: Seek forgiveness from your past.

“As far as east is from the west, so far hath he removed our transgressions from us.”

Psalms 103:12

“Like as a father pitieth his children, so the Lord pitieth them that fear him. Psalms 103:13

2. LOOK AHEAD: See a picture of the future. Phil. 3:12-14

“Lord, make me to know mine end, and the measure of my days, what it is; that I may know how frail I am.” Psalms 39:4

“As for man, his days are like grass: as a flower of the field, so he flourisheth... the wind passeth over it and it is gone.” Psalms 103:15

3. STOP AND THINK: Evaluate your current direction.

“He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy...” Proverbs 28:13

“The slothful man saith, there is a loin without, I shall be slain in the street.” Proverbs 22:13

4. MOVE FORWARD: Pursue God’s way.

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. Matthew 7:13-14