“Regret, The Gift Nobody Wants”

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Philippians 3:12-15a

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A. How many countless billions of people would give ten dollars or ten thousand dollars to get one ________ back in order to _______ something they did or said?

B. Regret is ________ or ________ over something in the past that happened or we did that we cannot change or repair.

C. Regret can also be a sense of ____________ over what has not happened, missed opportunities or wasted years.

D. There are two opposite responses to our regrets that can both be damaging.
   1. On one extreme, we seek to _________ ourselves from our regrets.
      a. We might ________ them by minimizing them or rationalizing them.
      b. We might ________ them by playing the blame game.
   2. The other extreme is to _______ on our regrets allowing them to destroy us.

E. God has given us the ability to feel ______ for our ________ and wellbeing, and God has given us the ability to feel remorse and ________ for the same reason.

F. Three Steps for Responding Appropriately to Feelings of Regret:
   1. ___________ our regrets.
   2. ___________ our regrets.
   3. Allow God to __________ our regrets.

G. The biblical foundation for this three step process is found in ________________.

H. Godly ________ had done its job in ________, and he no longer had any use for it (Phil. 3:12-15a).

I. A writer named Barry Cooper wrote: Godly regret is like a __________.

J. Examples of people who allowed God to redeem their regrets.
   1. ________ and ________ allowed God to redeem their regrets.
   2. ________ and __________ allowed God to redeem their regrets.
   3. __________ allowed God to redeem his regrets.

K. God can turn our ________ into something ____________.

L. This process of salvation and sanctification that includes recognizing, repenting, and releasing of our sins and regrets is a ________ of God’s ________. 

M. When we receive God’s grace, our sins are ________ and God commissions us to move _________. (Isaiah 1:18; 43:18-19; Phil. 3:14)

N. Our God is the God of the ________ ________ who is much more concerned about where we are ________ than where we have been.

O. Let’s ________ the emotion of regret, and let it lead us right to ________.