

The Baggage of Regret

Matthew: 26:67-27:5 (NET) **67** Then they spat in his face and struck him with their fists. And some slapped him, **68** saying, "Prophecy for us, you Christ! Who hit you?" **69** Now Peter was sitting outside in the courtyard. A slave girl came to him and said, "You also were with Jesus the Galilean." **70** But he denied it in front of them all: "I don't know what you're talking about!" **71** When he went out to the gateway, another slave girl saw him and said to the people there, "This man was with Jesus the Nazarene." **72** He denied it again with an oath, "I do not know the man!" **73** After a little while, those standing there came up to Peter and said, "You really are one of them too - even your accent gives you away!" **74** At that he began to curse, and he swore with an oath, "I do not know the man!" At that moment a rooster crowed. **75** Then Peter remembered what Jesus had said: "Before the rooster crows, you will deny me three times." And he went outside and wept bitterly.**27:1** When it was early in the morning, all the chief priests and the elders of the people plotted against Jesus to execute him. **2** They tied him up, led him away, and handed him over to Pilate the governor. **3** Now when Judas, who had betrayed him, saw that Jesus had been condemned, he regretted what he had done and returned the thirty silver coins to the chief priests and the elders, **4** saying, "I have sinned by betraying innocent blood!" But they said, "What is that to us? You take care of it yourself!" **5** So Judas threw the silver coins into the temple and left. Then he went out and hanged himself.

Matthew 26:33–35 ESV Peter answered him, "Though they all fall away because of you, I will never fall away." **34** Jesus said to him, "Truly, I tell you, this very night, before the rooster crows, you will deny me three times." **35** Peter said to him, "Even if I must die with you, I will not deny you!" And all the disciples said the same.

Psalms 38:3,4 "... My guilt has overwhelmed me; like a load it weighs me down."

Baggage of Regret:

- These bags change how we relate to people... to one another (we hide in our regret)
- The bags change how we relate to God. (he is angry with me)
- It affects how we are being used by God. (I am not worthy to lead a group or join a team)

Getting Rid of Regret

2 Corinthians 7:8-10 NIV

8 Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while—**9** yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. **10** Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

There is a Godly Way to deal with our failings and there is a Worldly way.

The Godly way of dealing with our *sorry mistakes* leads to salvation and *leaves no regret*.

The worldly way of dealing with our *sorry mistakes* brings hopeless regret and *brings death*.

Dealing with Regret the World's Way

- 1) We try to hide it.
- 2) We try to ignore.
- 3) We try to fix it.

Overcoming Regret God's Way

- Don't hide it, confess it!

a) Confess it to God

1 John 1:8,9 If we claim to be without sin, we deceive ourselves and the truth is not in us. **9** If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

b) Confess it to a Trusted Friend

James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed..."

"We get our sins forgiven by confessing them to God. We get our freedom by confessing our regrets to one another. "

Freedom happens best in the context of healthy relationships.

- Don't ignore it, attack it!

1 Corinthians 10:4,5 NIV The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. **5** We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

- Don't try to fix it, release it!

Just own it! You don't have to cover it up.... you don't have to justify it... just release it.

Matthew 11:28-30 GNT Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. ³⁰For the yoke I will give you is easy, and the load I will put on you is light."

John 21:4-7

A 4th Prayer

- 1) "God help me renew my mind with the truth of your word"
- 2) "God help restore what was lost"
- 3) "God, help me release my offenders"

- 4) "God help me forgive myself"

2 Peter 1:9 CEV "... if you don't grow, you are like someone who is nearsighted or blind, and you have forgotten that your past sins are forgiven"