

The Time is **NOW**



... To Move Beyond Regret



NEW LIFE CHRISTIAN CENTER
JANUARY 16, 2022

PASTOR DAVID LARSON | TURLOCK
PASTOR JEREMY MOORE | PATTERSON

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. But if I know that what I am doing is wrong, this shows that I agree that the law is good. So I am not the one doing wrong; it is sin living in me that does it. And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.
Romans 7:15-20 (NLT)

1. God wants me to focus on who I _____, not what I've _____.

Even so, I have noticed one thing, at least, that is good. It is good for people to eat, drink, and enjoy their work under the sun during the short life God has given them, and to accept their lot in life. And it is a good thing to receive wealth from God and the good health to enjoy it. To enjoy your work and accept your lot in life - this is indeed a gift from God. God keeps such people so busy enjoying life that they take no time to brood over the past.
Ecclesiastes 5:18-20 (NLT)

God designed us to feel remorse over sin in order to produce repentance that leads to victory. This leaves us with no regrets. But the sorrow of the world works death. 2 Corinthians 7:10 (TPT)

But if we freely admit our sins when his light uncovers them, he will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and he will continue to cleanse us from all unrighteousness. 1 John 1:9 (TPT)

2. God's grace is _____ than my _____.

No, dear brothers and sisters, I have not achieved it, I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. Philippians 3:13-14 (NLT)

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Romans 7:15-20 (NLT)

1. God wants me to focus on who I AM, not what I've DONE.

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2. God's grace is GREATER than my REGRET.

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Discussion Questions

Week 2

... To Move Beyond Regret

[CONNECT]

Do you have regrets? I think it's safe to say we all do, right? Most of our regrets are over things we DID do, but what about the regrets for things we DIDN'T do? Those are just as real. In your group, talk about some regrets you might have from your own past. It could be things you've done or said, or things you didn't do or say...

[ENGAGE]

What stood out to you from this weekend's message?

[GROW]

The definition of regret is to feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity). With this definition in mind, what might be considered a spiritual regret?

1. God wants me to focus on who I **AM**, not what I've **DONE**.

Read Ecclesiastes 5:18-20 and discuss why God doesn't want us looking backward, but instead wants us to enjoy this one life He's given us to the best of our ability.

Has there ever been a time when a haunting memory of your past has kept you from moving forward in your personal relationships? If you're comfortable, share with the group.

Read 2 Timothy 7:10. What is Paul considering to be a good and healthy regret?

2. God's grace is **GREATER** than my **REGRET**.

Read Matthew 26:69-75; 27:3-5. Discuss how both Peter and Judas processed through their own regret differently.

[LEAD (YOURSELF)]

When we're faced with our own regret, we tend to try and escape by doing the following:

1. Rationalization - We try to convince ourselves it's ok when it's not.
2. Justification - It's not my fault, it's someone else's.
3. Comparison - "Well at least I'm not as bad as..."
4. Distraction - We keep ourselves busy so we don't have to confront it
5. Escapism - Addictions or projection

However, God wants you to know that you don't have to be imprisoned by your regrets anymore. Jesus still has a plan for you. Grace has the power to redeem your regret. The time is now... to move beyond it.

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