



Regret

Looking at the man, Jesus felt genuine love for him. "There is still one thing you haven't done," he told him. "Go and sell all your possessions and give the money to the poor, and you will have treasure in heaven. Then come, follow me."

At this the man's face fell, and he went away sad, for he had many possessions. Mark 10:26-27

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matt 11:28-30

Recognising Regret:

- 1.You feel _____ about something you have done.**
- 2.You feel _____ about something you couldn't do.**
- 3.You constantly feel a _____ about something.**
- 4.You feel _____ to fix or change something.**

What to do with Regret:

- 1.Recognise if the regrets you have are _____ or not.**
- 2.If you have repented, receive His _____.**
- 3.Don't take _____ for something that's not your fault.**
- 4.Ask God to help you to _____ what is in the past.**
- 5.Allow God to use the _____ of the past.**
- 6.Don't allow regret to _____ you or stop you.**
- 7.Turn regrets into _____.**

*...bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair. Isaiah 61:3a*

Good News and Prayer