

When Life Hurts
Freedom from Regrets
Psalm 32:1
Pastor Brian

Psalm 32 ¹ Blessed is the one whose transgressions are forgiven, whose sins are covered. (NIV)

I. How do we typically deal with Regrets? (Slide)

1. We try to bury them.

Proverbs 28 ¹³ A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance.

2. We pass the buck.

3. We punish ourselves.

Psalm 34 ⁴ My guilt overwhelms me—it is a burden too heavy to bear. ⁵ My wounds fester and stink because of my foolish sins. ⁶ I am bent over and racked with pain. All day long I walk around filled with grief. (NLT)

II. How can we have Freedom from Regrets?

1. Accept responsibility.

Psalm 51 ³ For I know my transgressions, and my sin is always before me.

Psalm 32 ⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin. (NIV)

2. Accept God's forgiveness.

Romans 8 ¹ Therefore, there is now no condemnation for those who are in Christ Jesus. (NIV)

Psalm 103 ¹² As far as the east is from the west, so far has he removed our transgressions from us. (NIV)

3. Forgive ourselves.

Isaiah 43 ¹⁸ Do not remember the past events, pay no attention to things of old. ¹⁹ Look, I am about to do something new; even now it is coming.

Proverbs 24 ¹⁶ Though a righteous person falls seven times, he will get up. (CSB)

2 Corinthians 5 ¹⁷ Therefore, if anyone is in Christ, he is a new creation; old things have passed away, and look, new things have come. (HCSB)

III. Action Steps

1. Don't let your regrets defeat you. Accept responsibility, accept God's forgiveness, & forgive yourself.

2. Join a Life Group today!
3. Invite someone to church!