

Last message of series  
 "Handling Life's Challenges"

How to Release  
 your **Regrets**

1

Psalm 32:1-5 (NIV)

1 Blessed is he whose **transgressions** are **forgiven**, whose sins **are covered**.

2 Blessed is the man whose **sin** the LORD does **not count** against him and in whose spirit is **no deceit**. 3 When I kept **silent**, my bones **wasted away** through my groaning all day long.

2

4 For day and night your **hand** was **heavy** upon me; my strength was sapped as in the heat of summer.

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.

3

I wish there was some wonderful place called the land of Beginning Again, where all our mistakes and all our heartaches and all of our poor selfish grief could be dropped like a shabby old coat at the door, and never put on again.

4

I wish we could come on it all unaware, like the hunter who finds a lost trail; and I wish that the one whom our blindness had done the greatest injustice of all could be at the gates like an old friend that waits for the comrade he's gladdest to hail.

5

We would find all the things we intended to do but forgot, and remembered too late, little praises unspoken, little promises broken, and all of the thousand and one little duties neglected that might have perfected the day for one less fortunate.

6

It wouldn't be possible not to be kind in the land of Beginning Again; and the ones we misjudged and the ones whom we grudged the moments of victory here would find in the grasp of our loving handclasp more than penitent lips could explain

7

For what had been hardest we know had been best, what had seemed lost would be gain; for there isn't a sting that will not take wing when we've faced it and laughed it away; and I think that the laughter is most what we're after in the land of Beginning Again.

8

So I wish that there was some wonderful place called the land of Beginning Again, where all our mistakes and all our heartaches and all of our poor selfish grief could be dropped like a shabby old coat at the door, and never be put on again.

9

#### Psalm 32:1-5 (NIV)

1 Blessed is he whose **transgressions** are **forgiven**, whose **sins** are **covered**. 2 Blessed is the man whose **sin** the LORD does **not count** against him and in whose **spirit** is **no** deceit.

10

**What** do we **usually do** with our **REGRETS?**

1.) We try to **bury** them.

11

**Proverbs 28:13**, "He who **conceals** his **sins** does **not prosper**, but whoever **confesses** and **renounces** them finds **God's mercy!**"

12

**What** do we *usually* do  
with our **REGRETS?**

- 1.) We try to **bury** them.
- 2.) We try to **blame** others.

13

**Psalm 50:20,**  
"You **spea**k, continually  
**against** your brother,  
and **slander** your **own**  
**mother's son."**

14

**What** do we *usually* do  
with our **REGRETS?**

- 1.) We try to **bury** them.
- 2.) We try to **blame** others.
- 3.) We **beat ourselves** up.

15

**Psalm 37:4,** "My **guilt** has  
**overwhelmed** me like a  
**burden too heavy** to  
**bear.** My **wounds fester**  
and are **loathsome** because  
of my **sinful folly."**

16

**John 3:17**

"God did not **send** his  
son into the world to  
**condemn** the world  
but to **save** the world  
through him.

17

What **should we** do about  
**REGRETS?**

- 1.) **Confess** our **past wrongs.**

18

**Psalm 51:3,**  
 "For I **know** my  
**transgression** and **my**  
**sin** is **always** before  
 me!"

19

**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.**"

20

**1 John 1:9,**  
 "If we **confess** our sins  
 He is **faithful** and **just**  
 and will **forgive** us our  
**sins** and **purify** us from  
 all **unrighteousness.**"

21

What **should we** do about  
**REGRETS?**

- 1.) **Confess** our **past wrongs.**
- 2.) **Accept** God's **forgiveness.**

22

**Romans 8:1-3,** "Therefore, there is  
 now **no condemnation,** for  
**those** who are **in Christ Jesus,**  
 because **through Christ Jesus**  
 the **law** of the **spirit of life** set  
 me **free** from the **law of sin**  
 and DEATH. For what the LAW was

23

**powerless** to do, because it was  
**weakened** by the **sinful nature**  
 God did by **sending** His **own son**  
 in the **likeness** of **sinful man**  
 to be a **sin offering.** And, so He  
**condemned sin** in **sinful** man!"

24

What **should we** do about  
**REGRETS?**

- 1.) **Confess** our **past wrongs**.
- 2.) **Accept** God's **forgiveness**.
- 3.) We can **forgive ourselves**.

25

Isaiah 43:18-19, "**Forget** the **former things**; do **not dwell** on the **past**. See, I am **doing** a **new thing!** Now it **springs up**. Do you **not perceive it?** I am **making a way** in the **desert** and **streams** in the **wastelands.**"

26

Isaiah 1:18,

"Come now, let us **reason**' says The Lord. '**though** your **sins** are like **scarlet** they shall be **white** as **snow**. Though they are **red** like **crimson** they shall BE like **wool.**"

27

**2 Things God  
Wants to do:**

- 1.) **Cleanse** your **conscience**.

28

**1 John 2:1**

"My dear children, I **write this** to you so that you will **not sin**. But if anyone **does sin**, we have **One who speaks** to the **father** in **our defense**; Jesus Christ the Righteous One.

29

**2 Things God  
Wants to do:**

- 1.) **Cleanse** your **conscience**.
- 2.) **Change** our **character**.

30

**2 Corinthians 5:17,**  
 "Therefore if **anyone** is  
**in Christ** he is a **new**  
**creation**; the **old** is  
**gone**, the **new** has  
**come!**"

31

**Romans 8:28,** "And, we know  
 that in **all things** God  
 works for the **good** of those  
 who **love him**, and have  
 been **called**, according to  
**his purpose!**"

32

**Romans 8:29,**  
 "For those God **foreknew**  
 he also **predestined** to be  
**conformed** to **likeness**  
 of his son.

33

There "**Is a Place**"  
 that is  
**the land of**  
**beginning**  
**again!!**"

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