

# SERMON OUTLINE

3745 Market St. NE, Salem, OR 97301

Sunday Morning 11/25/07

## *“Regrets”*

### **I. Topic to be Discussed**

- A. We all have things we regret in life. What are the sources of regrets and how can we deal with them?

### **II. The Break Down of a Regret**

- A. It has to do with the negative consequences of a past action.
- B. Esau is an example: Hebrews 12:15-17 - one action, consequences
- C. David and Bathsheba - lasting consequences - resulting “scars”
  - 1. Even though forgiven, may be life-long consequences (regrets)
- D. Rule: Galatians 6:7-8 - What you sow you will reap
  - 1. We regret sowing the seed that has produced a horrible plant
  - 2. We regret NOT sowing the good seed that would have produced good

### **III. Sources of Regrets**

- A. Sin is always at the root:
  - 1. James 1:14-15 - lust, sin, death = a disconnection with God. We have destroyed a relationship, burned a bridge.
  - 2. Lk 15:13-14,18-19 - sin leaves us empty, lonely, broken.
  - 3. In contrast: James 1:25 - follow God - blessed
- B. Living for Today and not for what is lasting
  - 1. Luke 12:19-21 - did not live for what was lasting
  - 2. Genesis 25:29-34 - Esau despised his birthright
- C. Not living for what is most important
  - 1. Luke 16:27-28 - rich man regretting - only ONE thing mattered
  - 2. Point: Money is NOT it - Souls are what are important
    - a. Spouse, kids, family, friends, church, neighbors...

### **IV. Dealing with Regrets**

- A. Repent and make amends if you can - Psa 51:15-17 - broken heart
- B. Learn from your past mistakes - Proverbs 26:11 - don't return
- C. “Forget” what lies behind (in a figure), it is NOT my focus - Philippians 3:6 (persecution of church), 3:13 (forget)
- D. Reach forward to what lies ahead - Phil 3:13 - there's more to do

### **V. Conclusion**

- A. Now is a great time to start over
- B. Regrets, scars, mistakes, sins - are all in the past
- C. Let's look forward to what lies ahead - start NOW