

*Compassionate
Recovery*

Lesson #24



**PROGRESSING WITHOUT
“REGRETFUL LIVING”**

THE DICTIONARY DEFINITION OF REGRET

Feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity)

An indication that someone has been measured by some standard (accurate or not) and come to believe that they have fallen short.

SIN, GRIEF, REGRET, GOD & US

A. God felt regret and grief because of the extensiveness of man’s evil, including intentional thought lives, the heart of which was only evil continuously.

⁵ *The Lord saw that the wickedness of man was great in the earth, and that every intention of the thoughts of his heart was only evil continually. And the Lord regretted that he had made man on the earth, and it grieved him to his heart. Genesis 6:5-6*

B. God experienced regret when He chose Saul to be a godly example by his leadership, but he turned back from following God and keeping His commandments.

¹⁰ *The word of the Lord came to Samuel: ¹¹ “I regret that I have made Saul king, for he has turned back from following me and has not performed my commandments.” 1 Samuel 15:10-11*

C. Our sinfulness should also naturally produce a certain level of regret. This is often produced when a brother or sister speak truth in love into another’s life and the outcome is life if there is repentance and death if there is only regret.

⁸ *For even if I made you grieve [to experience deep, emotional pain (sadness), i.e. severe sorrow (grief) [that] is very intense*

with my letter, I do not regret it—though I did regret it, for I see that that letter grieved you, though only for a while.

⁹ *As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us.*

¹⁰ *For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.*

¹¹ *For see what earnestness this godly grief has produced in you, but also what eagerness to clear yourselves, [but] what indignation, [but] what fear, [but] longing, [but] zeal, [but] punishment! At every point you have proved yourselves innocent [free from ceremonial defilement, holy, sacred (originally, in a condition prepared for worship), pure] in the matter. 2 Corinthians 7:8-11*

SIN + GRIEF - REPENTANCE = Sin & Guilt

SIN + GRIEF + REPENTANCE = Forgiveness & Innocence

D. If we do not have a sense of grief over our sin it is an indication that our conscience is being or has already been seared and we may have quenched the Spirit.

¹ *Now the Spirit expressly says that in later times some will depart from the faith by devoting themselves to deceitful spirits and teachings of demons, ² through the insincerity of liars whose consciences are seared...¹ Timothy 4:1-2*

(“seared”)- properly, brand (sear) with a red-hot iron; (figuratively) cauterized, which destroys the “spiritual nerve endings.” /kautēriázō (“seared”) is used only in 1 Tim 4:2.

Literally referred to branding a person with a red-hot iron which sears the flesh and deadens (numbs) the nerves. After this, the person no longer feels obvious impulses (pleasure or pain).

Do not quench [Extinguish, quench, suppress, thwart] the Spirit. 1 Thessalonians 5:19

**MINIMIZING REGRETS BY
OBEYING BIBLICAL COMMANDS**

1. **Look carefully that you walk wisely.**
2. **Make the best use of your time, because we live in evil days.**
3. **Don’t be foolish but understand what the Lord’s will is.**
4. **Be filled with the Holy Spirit and be fully under His influence.**

¹⁵ *Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the will of the Lord is. ¹⁸ And do not get drunk with wine, for that is debauchery, but be filled with the Spirit... Ephesians 5:15-17*

5. This is the will of God in Christ Jesus for you:

- **Rejoice always in hope.**
- **Pray without ceasing. Be constant in prayer.**

- **Give thanks *in all circumstances.***

- **Be patient *in tribulation.***

¹⁶ Rejoice always,
¹⁷ pray without ceasing,
¹⁸ give thanks in all circumstances;
 for this is the will of God in Christ Jesus for you. 1
 Thessalonians 5:16-18

¹² Rejoice in hope,
 be patient in tribulation,
 be constant in prayer. Romans 12:12

- 6. **Cast off the works of darkness and put on the armor of light.**

- 7. **Walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy.**

- 8. **Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.**

² The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light.¹³ Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy.¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.
 Romans 13:12-14

- 9. **Clothe yourselves with humility toward one another.**

- 10. **Humble yourselves under the mighty hand of God so that at the proper time he may exalt you.**

- 11. **Cast all your anxieties on him, because he cares for you.**

- 12. **Be sober-minded being watchful for your adversary the devil prowls around like a roaring lion, seeking someone to devour.**

- 13. **Resist the devil, firm in your faith.**

⁵ Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble."⁶ Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,⁷ casting all your anxieties on him, because he cares for you.⁸ Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 1 Peter 5 :5-6

- 14. **Trust in the Lord with all your heart,**

- 15. **Don't lean on your own understanding.**

- 16. **Acknowledge him in all your ways, and he will make straight your paths.**

⁵ Trust in the Lord with all your heart, and do not lean on your own understanding. ⁶ In all your

ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6

KEY ASSURANCES TO BE ABLE TO DO WHAT I NEED TO MINIMIZE MY REGRETS.

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. 1 Timothy 4:8

¹³ No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. 1 Corinthians 10:13.

³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence,⁴ by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.⁵ For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge,⁶ and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness,⁷ and godliness with brotherly affection, and brotherly affection with love.⁸ For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.⁹ For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins.¹⁰ Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall.¹¹ For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ.

2 Peter 1:2-11

And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28

I can do all things through him who strengthens me. Philippians 4:13

CONCLUDING PRACTICAL PRINCIPLES ABOUT MINIMIZING REGRETS.

1. KEEP YOUR PAST IN PERSPECTIVE.

- a. It does have an impact on who you are today.
- b. It doesn't have to dictate your future.

2. DEAL WITH PAST REGRETS.

- a. Take assessments of your past and admit your failures to yourself, to God and to someone you trust.

- b. **Seek and accept God's forgiveness, the forgiveness of others and forgiveness of self.**
- c. **Make amends with those you have hurt.**
- d. **Learn from your mistakes.**
- e. **Determine, with God's help and the help of others, not to repeat them.**

3. LIVE TODAY WELL SO YOU WILL HAVE FEW REGRETS TOMORROW.

- a. **Make good choices today.**
- b. **The quality of the choices you make today directly impacts the quality of your life tomorrow.**

4. TAKE THE FUTURE SERIOUSLY

- a. **1 day lived in the present subtracts 1 day from the future & adds 1 day to your past.**

- b. **Only now can you adjust your future and make corrections.**
- c. **Keep God's perspective in Ecclesiastes 12:11-14 as the bottom line of living a life with few regrets.**

¹¹ The words of the wise are like goads, and like nails firmly fixed are the collected sayings; they are given by one Shepherd. ¹² My son, beware of anything beyond these. Of making many books there is no end, and much study is a weariness of the flesh.

¹³ The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man ¹⁴ For God will bring every deed into judgment, with every secret thing, whether good or evil.

Ecclesiastes 12:11-12

Weekly Going Deeper Study Guide For Living with Few Regrets

- **Before beginning each day simply ask God to help you see things that He would have you to see.**
- **When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.**

1. Without rushing, read through this week's lesson, noting things that stand out to you.

2. *AT THE END OF AT LEAST 2 DAYS,* complete the following chart on the back of this page as explained at the top.

3. On the other days, keep working on your personal assessments.

4. *WRITE DOWN SOME THINGS YOU WOULD LIKE TO SHARE WITH YOUR GROUP NEXT THURSDAY NIGHT:*

Evaluate yourself at the end of the day for at least 2 days using values of 1-5 .

0 1 2 3 4 5 = I Did My Best

	THU	FRI	SAT	SUN	MON	TUE	WED
1. Was I careful to walk wisely?							
2. Did I make the best use of my time?							
3. Did I use my understanding of God's will to keep me from being foolish by;							
• Rejoicing always in hope?							
• Praying without ceasing?							
• Giving thanks in all circumstances?							
• Being patient in tribulation?							
4. Did I cast off the works of darkness and put on the armor of light?							
5. Did I put on the Lord Jesus Christ, making no provision for the flesh, to gratify its desires?							
6. Was I self-controlled and sober-minded for the sake of my prayers?							
7. Did I clothe myself with humility toward others?							
8. Did I humble myself under the mighty hand of God so that at the proper time he may exalt me?							
9. Did I cast all my anxieties on him, because he cares for me?							
10. Was I sober-minded being watchful for my adversary the devil who I know is always prowling about wanting to devour someone - maybe me?							
11. Did I resist the devil standing firm in my faith?							
12. Did I trust in the Lord with all my heart?							
13. Did I keep from leaning on my own understanding?							
14. Did I acknowledge the Lord in all my ways so he will make straight my paths?							