

# Haunted by Regret

(Philippians 3:13-14)

- Introduction:
1. “For of all the sad words of tongue or pen, The saddest are these: ‘It might have been.’” - John Greenleaf Whittier.
  2. Life happens to people and they often wind up in places they could have never imagined themselves.
  3. Could have, would have, should have... The line of “regretters” is a long one, going all the way back to Adam.
  4. We often find ourselves asking these questions and thinking through these scenarios:
    - a. What could I have done differently?
    - b. How could I have prevented this?
    - c. Am I the one to blame?
    - d. If only I hadn’t said... If only I had said... If only I had done... If only I hadn’t done... If only...
  5. This mornings lesson is indented to help us deal with our own regrets and to equip us to help others with their regrets.

## I. Realize You’re Not Alone

- A. (Romans 3:23).
- B. (Hebrews 12:17).
- C. Before getting overwhelmed by “your” story, maybe you need to be reminded of other stories.

## II. Stop Living In The Past

- A. (Philippians 3:13).
- B. (2 Corinthians 5:17).
- C. Don’t let the mistakes of your past rob you of your productivity in the present.
- D. Could it be that the reason the past haunts is that we haven’t come clean yet? Might we need to repent and find forgiveness?

## III. Accept Your Place In Life

- A. (Jeremiah 32:27).
- B. God’s hands aren’t tied by our mistakes.
- C. His great power and providence can redeem our mistakes.
- D. “The Serenity Prayer.”

## IV. Learn From Mistakes And Move Forward

- A. (Proverbs 3:13-14).
- B. (Philippians 3:14).
- C. There’s no shame in confessing mistakes...it means you’re wiser today than you used to be.

- Conclusion:
1. Don’t let your past haunt you.
  2. Instead, let it motivate you to greater heights of commitment and service.