

## OVERLOADED WITH . . .

### Regrets Over My Past

2 Corinthians 7:5-13

**We've got to get past our past  
before we can fully embrace our future.**

**REGRET** . . . to feel sad or sorry about something that you did or did not do.

**No, dear brothers and sisters, I have not achieved it,  
but I focus on this one thing: Forgetting the past and looking forward to  
what lies ahead, I press on...**

Philippians 3:13 NLT

Forgetting the past involves dealing with my regrets.

### THREE TYPES OF DECISIONS WE CAN REGRET

#### 1. UNWISE DECISION REGRETS:

Unwise decisions are different from sinful decisions in that the decision is neither right nor wrong in and of itself. It is wise or unwise in light of the situation.

Often what appear to be unwise decisions are really sinful decisions. On the surface they appear to be neither right or wrong. But if they are driven by motives like greed, pride, selfishness and so on they are in fact sinful.

**If you become wise, you will be the one to benefit. If you scorn wisdom,  
you will be the one to suffer.**

Proverbs 9:12 NLT

**The instruction of the wise is like a life-giving fountain; those who  
accept it avoid the snares of death.**

Proverbs 13:14

**Listen to advice and accept instruction,  
and in the end you will be wise.**

Proverbs 19:20

Ask yourself why you made the unwise decision  
to understand your triggers and help you learn to be wiser.

#### 2. WISE DECISION REGRETS:

There are wise decisions we make that  
affect lives and/or things in ways we feel sorrow over.

The Apostle Paul struggles with regrets over wise decisions.

For even if I made you sorry with my letter, I do not regret it (though I did regret it), for I see that the letter grieved you, though only for a while. 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. For godly grief produces a repentance that leads to salvation and brings no regret, but worldly grief produces death.

2 Corinthians 7:8-10

God struggles with regrets over wise decisions.

**"I regret that I have made Saul king, because he has turned away from  
me and has not carried out my instructions."**

1 Samuel 15:11

He who is the Glory of Israel does not lie or change his mind; for he is not a human being, that he should change his mind.

1 Samuel 15:29

HOW TO RESPOND TO WISE DECISION REGRETS:

- Remember that every decision has its consequences. You cannot always control the consequences.
- Putting God's wisdom and ways first is always the wisest decision..
- Go to God with your wise decision regrets and leave them there with Him. Talk them through with others.

#### 3. SINFUL DECISION REGRETS:

**Godly sorrow brings repentance that leads to salvation and leaves no  
regret, but worldly sorrow brings death.**

2 Corinthians 7:10

godly sorrow → repentance → salvation = no regret  
wordly sorrow → death

**Who is a God like you, who pardons sin and forgives the  
transgression of the remnant of his inheritance?**

**You do not stay angry forever but delight to show mercy.  
You will again have compassion on us; you will tread our sins  
underfoot and hurl all our iniquities into the depths of the sea.**

Micah 7:18-19