

Living Regret-Free

Pastor Jennifer Alessio | December 29, 2024

Thread: God offers us clarity so that we don't have to live with regret.

1) Don't just listen to the Word of God, do what it says, because God doesn't want you to have regret.

"But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and do what it says and don't forget what you heard, then God will bless you for doing it."

James 1:22-25 NLT

"For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires."

Hebrews 4:12 NLT

If we choose to live with regret, this is what we can expect:

- Living with continuous guilt
- Lack of confidence
- Living with unresolved conflict
- Broken relationships
- Memories of words that you regret saying
- Weight of words that you wish you said
- Time spent on things that do not last

If we choose to live without regret, this is what we can expect:

- Forgiveness
- Freedom
- Joy
- Satisfaction
- Purpose

2) Put God first, because He doesn't want you to live with regret.

"Seek the Kingdom of God above all else, and live righteously, and he will give you everything that you need." **Matthew 6:33 NLT**

*"Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. Human anger does not produce the righteousness God desires. So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts (**surrender to God's will**), for it has the power to save your souls. But don't just listen to God's word. You must do what it says."*

James 1:19 – 22 NLT

*"If you claim to be religious and don't control your tongue, you are fooling yourself, and your religion is worthless. (**What we say, and how we say it, matters.**) Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress (**What are we doing for others that is meaningful and helpful?**) and refusing to let the world corrupt you." **James 1:26 – 27 NLT***

3) Let go of what is holding you back because God doesn't want us to live with regret.

"...but I focus on this one thing: Forgetting the past and looking forward to what lies ahead. I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us."

Philippians 3:13b – 14 NLT

To walk in freedom, we need to let go of:

- The sin that entangles us and holds us back from God's best ideas for our lives.
- Guilt and shame.
- Let go of regret. Receive the freedom that Jesus is offering you.

Challenge:

-Are you living with regrets? Go to God right now and surrender them to Him. Ask Him to forgive you and commit to doing life His way.

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