

# HOW DO WE DEAL WITH THE REGRETS OF OUR PAST

## Set For Life - Part 1

The story of the Prodigal Son provides  
the A, B, C, D's of dealing with regrets

A. \_\_\_\_\_ your situation to gain the right  
perspective.

*“Not long after that, the younger son got together all he had, set off  
for a distant country, and there squandered his wealth in wild  
living... (Later) he came to his senses...” Luke 15:13, 17*

We can lose perspective through:

- All-or-nothing thinking
- Over-generalizing
- Emotionalism
- Perfectionism
- Rewriting history
- Catastrophizing

Step to take:

1. \_\_\_\_\_ exactly what you regret.
2. \_\_\_\_\_ with a godly individual.

B. \_\_\_\_\_ because comparisons amplify  
regrets.

*“The older brother... (said) Look! All these years I've been slaving  
for you and never disobeyed orders...” Luke 15:28-29*

FACTS TO REMEMBER:

1. You don't have to \_\_\_\_\_ for  
God's love.

*“You are forgiving and good, O Lord, abounding in love to all who  
call to you.” Psalm 86:5*

2. God celebrates your \_\_\_\_\_

*“For You created my inmost being; You knit me together in my  
mother's womb. I praise You because I am fearfully and wonderfully  
made; Your works are wonderful, I know that full well.”  
Psalm 139:13-14*

C. \_\_\_\_\_ your regrets to God and those  
you've hurt.

*“I will say to him: ‘Father, I have sinned against heaven and against  
you.’” Luke 15:18*

*“If we confess our sins, he is faithful and just will forgive us our sins  
and purify us from all unrighteousness.” 1 John 1:9*

FACTS TO REMEMBER:

1. God's forgiveness isn't like \_\_\_\_\_ forgiveness.
2. Being forgiven doesn't depend on our \_\_\_\_\_.

*“If it is possible, as far as it depends on you, live at peace with  
everyone.” Romans 12:18*

D. \_\_\_\_\_ a plan for the future, and build it  
around God.

*“I will set out and go back to my father. ...but while he was still a  
long way off, his father saw him and was filled with compassion for  
him; he ran to his son, threw his arms around him and kissed him.”  
Luke 15:18,20*

*“And we know that in all things God works for the good of those who  
love him, who have been called according to his purpose.” Rom. 8:28*

*“My purpose is to give life in all its fullness.” John 10:10*

Next Sermon's Topic

**HABITS OF HIGHLY INEFFECTIVE CHRISTIAN**  
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