

the Venues

Go Deep

Summer Baggage: Regret

6.27.2021

What are your biggest, long-standing regrets?

In what ways have your regrets affected your life?

To empty our suitcase of regret we talked about these actions:

- Accept the Reality of the thing you regret.
- Forgive yourself.
- Make amends.
- Do the opposite of what you regret.

Which of these steps is the hardest to take?

Regrets can be a tormenter or a teacher.

How has regret tormented you?

How has regret been your teacher?

Read [Romans 12:20-21](#)

How does God tell us to treat our enemies?

How does that instruction help us in treating ourselves when struggling with regret?

Read [Matthew 9:2-7](#).

How do regrets paralyze us?

How can Jesus free us from the paralysis of regret?