

Redeeming Regret

Soundtrack Vol. II - Part 4

September 1, 2024

“Therefore, there is now no condemnation for those in Christ Jesus.” Romans 8:1 (CSB)

Foundation regrets

Boldness regrets

Moral regrets

Connection regrets

*“We know that **all things** work together for the good of those who love God, who are called according to His purpose.” Romans 8:28 (CSB)*

Regret can either be a broken soundtrack that paralyzes us or it can be an anthem that propels us forward.

Five Ways to Leverage Regret:

*“Therefore, there is now **no condemnation** for those in Christ Jesus.” Romans 8:1 (CSB)*

1. Embrace Your Regrets as Lessons, Not Labels

- Our regrets don't have to be labels that define us; they can be lessons that refine us.
- We define ourselves by what we've done wrong instead of defining ourselves by what Christ has done right.
- God doesn't see us through the lens of our failures; He sees us through the lens of Christ's righteousness.

*“We know that **all things work together** for the **good** of those who **love** God, who are **called** according to **His purpose**.” Romans 8:28 (CSB)*

2. Look Back to Understand, But Don't Stay There

- Glance back to gain insight.
- Use your past as a map to guide your future, not as a prison that keeps you stuck.

3. Turn Regret into Resolve

- God doesn't waste anything.

- Regret, when surrendered to God, can be a catalyst for change.

“Therefore, there is now *no condemnation* for those *in Christ Jesus*.” Romans 8:1 (CSB)

4. Allow God to Redeem Your Regrets

- Our regrets don’t have the final word—God does.
- What you think disqualifies you is often what God will use to qualify you for the next season.
- There is no regret that God cannot redeem.

“We know that *all things work together* for the *good* of those who *love* God, who are *called* according to *His purpose*.” Romans 8:28 (CSB)

5. Move Forward with Grace and Gratitude

- Your story isn’t over. Your best chapters are still being written.
- “Grace can’t be outsmarted, out-worried, or outrun.” - Bob Goff

³¹What, then, are we to say about these things? *If God is for us, who is against us?* ³²He did not even spare His own Son but gave Him up for us all. How will He not also with Him grant us everything? ³³Who can bring an accusation against God’s elect? God is the one who justifies. ³⁴Who is the one who condemns? Christ Jesus is the one who died, but even more, has been raised; He also is at the right hand of God and intercedes for us. ³⁵Who can separate us from the love of Christ? Can affliction or distress or persecution or famine or nakedness or danger or sword? ³⁶As it is written: Because of you we are being put to death all day long; we are counted as sheep to be slaughtered. ³⁷No, in all these things we are *more than conquerors* through Him who loved us. ³⁸For *I am persuaded* that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, ³⁹nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:31-39 (CSB)

In Christ, our story isn’t defined by our mistakes—it's defined by His grace.

thebayouchurch.org/groups