

Ridding Yourself of Guilty Regrets

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Blessed is he who's transgressions are forgiven, who's sins are covered.
— *Psalms 32:1*

COMMON REACTIONS TO REGRETS

1. We hide them (Psalms 19:12; Prov. 28:13).
2. We blame others for them (Psalms 50:20).
3. We beat ourselves up over them (Psalms 34:4-8).

HOW TO DEAL WITH OUR REGRETS

1. Confess them (Psalms 51:3; 32:5).
2. Receive the Father's forgiveness (Psalms 103:3; Is. 38:17; Jn. 3:17).
3. Don't dwell on the past, focus on the future (Is. 43:18-19).

HOW GOD DEALS WITH OUR REGRETS

1. God desires to cleanse our conscience (Is. 1:8; Jer. 31:34).
2. God desires to change our character (2 Cor. 5:17).

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