

How to Live a Regret Free Life
Pastor Avery Nesbitt
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Top 5 Regrets at the End of a Year:

1. Choosing work over family
2. Not traveling
3. Not going for it/taking chances
4. Not taking care of myself
5. Bad choices

Genesis 19:17 NIV

“Flee for your lives! Don’t look back, and don’t stop anywhere in the plain!”

Genesis 19:25-26 NIV

Thus he overthrew those cities and the entire plain, destroying all those living in the cities—and also the vegetation in the land. But Lot’s wife looked back, and she became a pillar of salt.

2 Timothy 1:9 NIV

He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace...

2 Thessalonians 2:14 NIV

He called you to this through our gospel, that you might share in the glory of our Lord Jesus Christ.

Jeremiah 29:11 NIV

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

How to Live a Regret Free Life:

1. Acknowledge today, look to tomorrow.

Hebrews 12:1-2 NIV

Therefore, since we are surrounded by such a great cloud of

witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

2. Choose to forgive.

Ephesians 4:32 NIV

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Colossians 3:13 NIV

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Matthew 6:14 NIV

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you.”

3. Remember God.

2 Corinthians 7:10 NIV

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

2 Corinthians 7:10 NLT

For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There’s no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

1 John 1:9 NIV

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.