Haunted...by Regret
2 Cor 7:8-10
By Russell Earl

Thesis: I want to show how the Christian can be haunted & hindered by regret.

Intro: 1. Defining regret; a feeling of sadness, repentance, or disappointment over something that has happened or been done.
2. Regret can affect the Christian every day, its always on their mind.
3.

I. What causes regret?
A. Sin causes reget.
1. Mourning because of their sins - (**Ezk 7:16-19)**
2. Regret doesn't take sin away (**2 Cor 7:9**)
3. Consider the following text - **Psalm 38:3-10**
B. The consequences of sin causes regret.
1. David had regret because of the consequence of his own actions **(1 Chron 21:17**)
2. Regret for a time is part of the consequence of sin.
3. Consider these words from Ezekiel (**Ezk 36:31**)
C. Guilt causes regret.
1. What is guilt? Definition of guilt; Guilt is both a cognitive and an emotional experience that occurs when a person believes that he or she has violated a moral standard and is responsible for that violation.
2. Paul no doubt felt guilt & regret for his past actions (**1 Cor 15:9; Gal 1:13**)

II. What regret can do to the Christian.
A. Can make you feel unforgiven.
1. Regret can make you convinced that God hasn't forgiven you of your sin(s).
a. **Psalm 103:12**
2. Regret makes you live the sin(s) over in your mind, over and over again.
B. Cause unfaithfulness.
1. Regret can cause the Christian to feel as if they can do nothing right or that they cannot possibly be right in the sight of God again. (**Ps 73:21-24**)
2. As a result, the Christian may become unfaithful.
a. Sin requires repentance; which results in forgiveness.
b. Consequences of sin (included sins one has repented of) can cause the Christian to live in the pit of regret & guilt; instead of determining to learn from their mistakes and grow in their love for God.

III. How can the Christian overcome regret?
A. Remember forgiveness is real.
1. God forgives all those who repent (**Ps 103:3-4**)
2. God forgives sins and casts them away (**Ps 103:12**)

B. Regret can be a tool of Satan.
    1. Forgiveness should bring comfort, though Satan can use regret to hinder the Christian (**Ps 32:3**)
    2. White regret & guilt over sin is normal, it should not keep us from striving to live righteously before God.

Application & Conclusion:
    1. Regret can not be allowed to cause the Christian to despair forever.
    2. **2 Corinthians 7:9**
    3. Full Invitation

<u>God's plan for the alien sinner</u>
Hear – James 1:22, Romans 10:15,17
Believe – Jn 12:44, Jn 8:24, Mt 16:16
Repent –Acts 17:20, Acts 8:37, Luke 13:3
Confess – John 12:42, Romans 10:9
Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11, Mk 16:16, Rom 6:3-4
Live faithfully – Rev 2:10,

<u>Christians must:</u>
Repent: Acts 17:20, Acts 8:37, Lk 13:3
Pray: James 5:16, 1 Jn 1:9