

#No Regrets!

The world will tell you that you should live life to the fullest and not regret anything that happens. In fact, there are many memes and posts that say things like, “There are no regrets in life, just lessons learned” or “Those mistakes make you the person that you are, never regret them.” However, I challenge this worldview about regret. The Urban Dictionary defines regret as “A feeling often accompanied by **sadness**, shame, and **guilt**; regret is when you wish you had done things **differently** in your past.”

“People always say life is too short for regrets. But the truth is, it’s too long.”
– Sarah Addison Allen

Have you ever made a horrible life-altering decision? I am talking about a decision that put into motion a series of events that may have cost you financially, cost you your reputation or even cost you spiritually. Yes, you probably learned a HUGE lesson afterwards and promised yourself that you would never find yourself in that position again and yes, more than likely you are a wiser person as a result. We live in a society that will often tell us to do things that are outside of God’s word and plan for our lives. With God’s grace, we can recover from those decisions; however, wouldn’t it be better to avoid making bad decisions in the first place?

Most of the time we don’t instantly make a bad decision. We don’t just jump up and decide to be unfaithful or not pay our bills. Usually a decision that leaves us with regret is a result of the smaller decisions that we have been making for a while.

Here are a few principles that you should live by so that you can live a live free of regret.

1. What Possible Motives Are Driving My Decision?

Humans are satisfied with whatever looks good; GOD probes for what *is* good.
(Proverbs 16:2 MSG)

2. Have I Honestly Considered the Warning Signs? The road to life is a disciplined life; ignore correction and you’re lost for good. (Proverbs 10:17 MSG)

3. **Have I Considered the Possible Outcomes for My Course of Action?** A gullible person will believe anything, but a sensible person will confirm the facts. (Proverbs 14:15 TPT)
4. **What Does God say about this?** So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. (Romans 12:1-2 MSG)

Discussion Questions:

1. Have you ever made a bad decision? _____
2. Was it a decision that you made quickly, or did you take a long time?

3. How long did it take for you to regret that decision?

4. Considering God's word, what will you do differently when making decisions?
