

A dark, misty forest with bare trees, serving as a background for the title. The scene is dimly lit with a blueish-grey tint, creating a somber and eerie atmosphere. The trees are silhouetted against a lighter, hazy background, with some branches reaching out in various directions. The overall composition is vertical, with the trees filling most of the frame.

HAUNTED

# Haunted By Regret

2 Corinthians 7:8-12

# Haunted Review

- Haunted: to frequent or visit on a regular basis with the intent to cause worry, anxiety or distress.
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- *We are haunted by experiences*
- *We are haunted by events*
- *We are haunted by emotions*

# What is Regret?

- Regret is sorrow over something that has happened, something that we have done or not done.
- Regret flows through a personal sense of disappointment over these things.
- For of all the sad words of tongue or pen.  
The saddest are these: It might have been  
- John Greenleaf Whittier

# Mark Batterson on Regret

- **Your greatest regret at the end of your life will be the lions you didn't chase. You will look back longingly on risks not taken, opportunities not seized and dreams not pursued. Stop running away from what scares you most and start chasing the God ordained opportunities that cross your path. Mark Batterson**

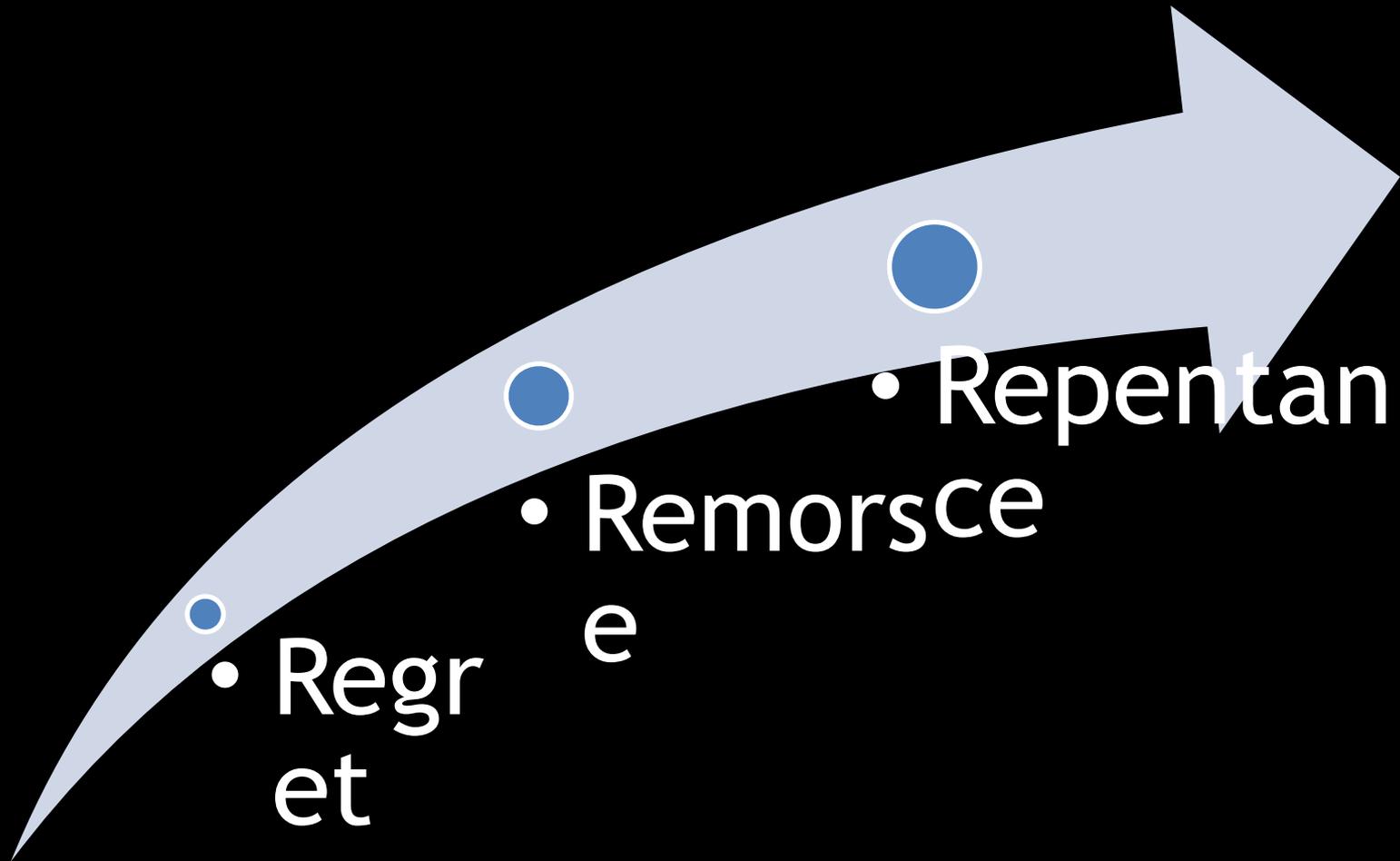
# Issues with Regret

- Regret flows through Moments lost
- Regret rises from Missed opportunities
- Regret reminds us of Mistakes made
- Regret floats in memories unforgotten
- Regret moves in misspoken words

# Understanding Regret

- Regret is being sorry mentally
- Remorse is being sorry mentally and emotionally
- Repentance is being sorry mentally, emotionally and spiritually

# The Process of Regret



## 2 Corinthians 7:8-12

- **8 Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it--I see that my letter hurt you, but only for a little while-- 9 yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us.**

## 2 Corinthians 7:8-12

- **<sup>10</sup> Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. <sup>11</sup> See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.**

## 2 Corinthians 7:8-12

- <sup>12</sup> So even though I wrote to you, it was not on account of the one who did the wrong or of the injured party, but rather that before God you could see for yourselves how devoted to us you are.

# Self Centered Regret VS God Centered Regret

- Self Centered Regret is sorrow without repentance. It is being sorry for the effects of their actions or the fact of being caught.
- God Centered Regret flows into an action that brings a person to the point of repentance.

# Self Centered Regret

- Self-centered regret leads to depression
- Self-centered regret leads to despair
- Self-centered regret leads to defeat
- Self-centered regret leads to destruction

# God Centered Regret

- God focused regret starts with admission
- God focused regret leads to awareness
- God centered regret moves us to action
- God centered regret requires adjustments

# How Do We Break Free From Regret?

- Focus on Jesus
- Forge new faith
- Forgive yourself
- Pursue the future