

Overwhelmed by RegretWeek 3 in our series *Overwhelmed*

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So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death. (Romans 8:1–2)

Types of regret (Daniel Pink)

Turning Crippling Regret to Productive Regret

- ✦ We _____ should have regrets (1 John 1:8)

- ✦ Redeem regret in 3 steps
 - 1) Admit to God you're wrong and _____ (1 John 1:9)
 - 2) Share your regrets with our _____ (James 5:16)
 - 3) Do your part to allow God _____ (Rom 12:1–2)

- ✦ Allow the Holy Spirit to _____ us so we have fewer regrets in the future (Romans 8:5–11)

Remember!

The Daily Connections (Good Morning God, Spiritual Boost, Good Night Review) open our lives to God's love and direction and power.

Good Morning God should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Read Romans 8:1-4

- ✳ Why aren't you condemned for the mistakes you've made?

Day 2: Read 1 John 1:5-10

- ✳ Write down one or two of these verses on a 3x5 card to remind yourself that God forgives us. Put it in your Bible as a visual reminder.

Day 3: Read James 5:13-16

- ✳ Who in our church community can you talk with about regrets? If no one comes to mind, consider joining a Core Group!

Day 4: Read Romans 12:1-2

- ✳ One of the world's customs is to ignore God's forgiveness and keep punishing yourself for regrets. How can avoid this?

Day 5: Read Romans 8:5-11

- ✳ How does the Spirit enable you to change and have fewer regrets?