

Common Enemy #10: Regret
April 17, 2016
Lynn Haven United Methodist Church

Introduction

The dictionary defines regret in these ways: “to feel sad or sorry about something that you did or did not do.” Since we are all sinners, we regret certain choices we have made that may have hurt ourselves or damaged our relationship with God or other people. But sometimes our greatest regrets aren’t misdeeds we have done as much as they are deeds we have left undone.

Regret keeps us in bondage and prevents us from moving into the Promised Land of God’s blessings. Through the story of Thomas in John 20:24-29, we see victory over the enemy of regret is found by getting with the right people, in the right place, while making the right profession.

Digging Deeper

1. What are some regrets you have? These can be choices you made or they can be missed opportunities.
2. Why do you think getting with likeminded people helps overcome regret? Read Matthew 18:20 and John 20:26.
3. Jesus is oftentimes found by going to the right place. Where have you felt Jesus’s presence the most in your life?
4. Why do people tend to retreat and seclude themselves from others when they feel regret?
5. Instead of rebuking Thomas for his skepticism, Christ showed him His scars and invited him to touch His wounds. What did Jesus command Thomas to do in John 20:27?
6. Describe a time in your life when you doubted God. How did you overcome that doubt?
7. What makes Thomas such a relatable character to people?

Conclusion

Trust in Christ and belief in His saving work connect us to God’s mighty power. And no enemy, including painful memories and regret, stands a chance against Him. Think about the good things that God has done for you in the past and things He has for you in the present. What steps will you take to focus on these good things and let go of the bad things that have happened in the past?