

Introduction:

Text: 2 Samuel 12:13 - 24; 2 Samuel 11:1-17

A. How do life's regrets develop?

1. Situation → 2. Decision → 3. Result → 4. Regret → 5. Replay

2 Sam.11: 1-3 2 Sam. 11:4-13 2 Sam.11:14-24 1 Sam.12:13 Ps. 51

B. How can we power over life's regrets?

1. **Accept** what we cannot change. (2 Sam. 12: 21-23)

2. **Change** what we can. (2 Sam. 12: 19-20)

a. **Decide** to recover. (2Sam.12: 20)

b. **Accept** and **dispense** forgiveness. (2 Sam.12:13-14)

c. **Learn** from life's mistakes. (2 Sam. 20:3)

d. **Ask** yourself: What benefits do I gain from dwelling with my regrets?
(2 Sam. 12:19-23)

e. **Stop** the "replay"! (2 Sam.12: 20; Ps.51)

1. Which connected to you the most from last Sunday's stories employed by the speaker: Paul McCartney, Barack Obama, Martha Stewart, Billy Graham or King David – why?

2. From your experience or observation, do you agree with the research finding that "regret due to failure to do what we need to do" (omission) is more difficult to overcome than the "regret due to doing the wrong thing" (commission)? Discuss.

3. Of the steps on "Power over Life's Regrets", which do you think is the most difficult to apply? Explain. Please read 2Sam.12:13-23; Ps.51 and refer to the sermon outline.

4. Share a personal testimony on how you overcame a "life's regret".

Conclusion:**PRAY!**