



IF ONLY

Regrets do not define me.

Regrets haunt us. “Why didn’t I?” “If only.” “I wish I had,” or “I wish I hadn’t.” Most humans have quite a collection of them. Our bad decisions, quick tempers, and loose tongues keep adding to the assortment.

What can we do with these regrets?

- Bury them under the blood of Christ. Ask for His forgiveness. Allow Him to remove them as far as the east is from the west.
- Say “I’m sorry.” Tell the Lord, yes, but tell people you’ve hurt as well. Of course, much water is under the bridge and some were many years ago. But if you are carrying the regret, chances are that someone is carrying the injury. Apologize. You may want to write your apology so that you can be more specific and stay more composed.
- Employ spiritual disciplines to prevent repeated regrets. If your temper is responsible for many of your regrets, study temperance from God’s Word. Set up accountability partners, pray, meditate, confess.
- Overcompensate. You have trouble with talking too much? Practice a day of silence. Trouble with harsh words? For twenty-four hours say only what will lift others up. Gossip? Penalize yourself \$5.00 for each tidbit of gossip that escapes your lips. Find a strategy to make you aware of a root of regret and kill that root.

Do you remember the account of Elisha and the pot of stew (2 Kings 4:38-41), where the well-intentioned cook accidentally poisoned the stew with some wild gourds? Your family may have complained about supper, but they probably never called out, “There is death in the pot!” Elisha added flour and all was good. God’s miraculous intervention redeemed the mistake.

Our powerful God can take even the worst of your mistakes and redeem them too. We are all only sinners saved by His matchless grace.