

# The 3 R's to Overcoming Regret

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We all have regrets: a silly thing we did in junior high that still haunts us, not saying goodbye to a loved one who passed away, or failing to take that once-in-a-lifetime chance.

Peter had some big regrets when he denied Jesus – even though he said he never would ([Luke 22:54-62](#)). But Jesus later forgave and restored Peter. No matter what we've done, if we turn to Jesus, he'll forgive and restore us, too.

## Recognize Your Regrets

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Dealing with our regrets begins with recognizing them. Whether we've acted wrongly or failed to act rightly, we have to come clean if we're ever going to overcome. That's why the Bible shows us the value of confessing our sins to God ([Psalm 32:5](#); [1 John 1:9](#)) and to other believers ([James 5:16](#)).

## Release Your Regrets

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Once we recognize our sins and regrets, we can release them.

**[Isaiah 55:6-7](#)** Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon.

God asks us to prove that we are truly repentant by turning away from our sins and handing over our regrets. But he asks for more: we must forgive others, and we must forgive ourselves – because he has! If he is willing to throw our sins to the “bottom of the sea” ([Micah 7:19](#)), then we can joyfully grasp that promise and release our regrets.

## Redeem Your Regrets

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Peter is a great example of redeemed regrets. After his colossal failure, he wept and left the courtyard bitterly, feeling worthless and ashamed. He wasn't even there when Jesus was crucified. Yet after his resurrection, Jesus restored Peter and reminded him that he had called him to be an apostle and a disciple-maker ([John 21:15-23](#)). Jesus would not allow Peter to wallow in his regrets, but instead, he redeemed them.

Jesus can redeem our regrets, too. Your addictions, your sins, and your failures can all be used by God to form you into the person he wants you to be, and you can draw on those experiences as you help others pursue God. But none of that will happen if you do not recognize, release, and redeem your regrets by giving them over to Jesus Christ.

## Talk About It

1. *What is your initial reaction to this topic? What jumped out at you?*
2. *What are some regrets you have? Share as you are comfortable.*
3. *Read Psalm 32:5, 1 John 1:9, and James 5:16. What do these verses teach about the need of Christians to confess both to God and to other believers? How should it affect confession in our own lives?*
4. *Read Isaiah 55:6-7 and Micah 7:19. What do these verses teach about God's forgiveness? How should this change the way we forgive others and ourselves?*
5. *What are some regrets you have released in the past? How did you go about releasing them?*
6. *What are some regrets you are still holding onto? What must you do to release them?*
7. *What "redeemed regrets" have you seen in your or others' lives? Share a story if you have one.*
8. *How would you like to see God redeem some of your regrets?*
9. *How can we truly overcome regret in our lives?*
10. *Write a personal action step based on this conversation.*

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