



NO REGRETS

Regret:

“**Sorrow** or **remorse**, especially over one’s acts or omissions ... **sorrow** over a person or thing gone, lost, etc.” “a feeling of **sadness** or **disappointment** about something that you did or did not do” (Webster);

“to feel **sorry** or **unhappy** about (something you did or were unable to do)” (Cambridge Dictionary).

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cf. Repentance – 2 Corinthians 7:8-10

metameloma: has the meaning of changing one’s mind or purpose after having done something regrettable. It expresses the mere desire that what is done may be undone, accompanied with regrets or even remorse, but with no effective change of heart ... means little or nothing more than a selfish dread of the consequence of what one has done.

Contrasted with *metanoia*, to repent, means regret and forsaking the evil by a change of heart. (The Complete Word Study Dictionary)

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cf. Repentance – 2 Corinthians 7:8-10

metanoia – “a change of mind for the better, heartily to AMEND with abhorrence of one’s past sins.” (Thayer)

“This change of mind involves BOTH a turning from sin and a turning to God.” (W.E. Vine)

“John did not call on people to be sorry, but to change their mental attitudes AND CONDUCT.” (A.T. Robertson, Word Pictures)

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Regrets can produce two results: **Matthew 21:28-32**

1. Can produce godly sorrow unto repentance.
Matthew 21:29
2. Can harden the heart and produce no repentance.
Matthew 21:32

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WE OUGHT TO REGRET

Past sins.

- Judas. Matthew 27:3-5
- Peter. Luke 22:31, 62
- Jews. Acts 2:36-37
- Paul. Acts 9:9, 11; 22:19-20; 1 Corinthians 15:9; Ephesians 3:8

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WE OUGHT TO REGRET

Lost opportunities. "Coulda, woulda, shoulda ..."

- Time now. 2 Corinthians 6:2; Ephesians 5:16; Romans 13:11-12
- Obey the truth. James 1:22, 25; 4:17
- Grow. 2 Peter 3:18
- Teach. Acts 20:25-27
- Live morally. Romans 13:11-14
- Love and respect your spouse. Ephesians 5:33
- Nurture your children. Ephesians 6:4

THINGS YOU WILL NEVER REGRET

Calling on a sinner to repent.

2 Corinthians 7:6-9

- Motivated by love. 2 Corinthians 2:4
- Effort to save his soul. James 5:19-20
- Jesus set the example. Luke 15

Obeying the gospel. Acts 2, 8, 9 (22), 16, etc.

THINGS YOU WILL NEVER REGRET

Being compassionate and forgiving.

- Receive as we give. Luke 6:37-38
- Without limits. Matthew 18:21-22 (23-35)
- Requires the heart of Christ. **Luke 23:34, "Father forgive them, for they know not what they do"** cf. Ephesians 4:31-32
- Merciful shall obtain mercy. Matthew 5:7; James 2:13

THINGS YOU WILL NEVER REGRET

Small acts of kindness. Matthew 25:32ff

Keeping a clean conscience. Acts 23:1

- Avoid what you know is sinful. 1 Thessalonians 5:22
- Don't ignore or sear it. Romans 14:23; 1 Timothy 4:2

Standing up for the gospel.

Jude 3; 1 Peter 3:15

- In season, out of season. 2 Timothy 4:2-5
- Without shame. Romans 1:15-16

THINGS YOU WILL NEVER REGRET

Sacrificing for the Lord.

Philippians 3:7-8; (cf. Luke 5:11) Acts 21:13

- Put Christ first. Philippians 3:4-6; cf. Matthew 6:21
- Grow. (Stretching forward) Philippians 3:13
- Endurance. ("I press on") Philippians 3:12-13; 2 Corinthians 11:23ff
- Walk. Philippians 3:16; Ephesians 4-5

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2 Timothy 4:7-8, "I have fought the good fight, I have finished the course, I have kept the faith: henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, shall give to me at that day; and not to me only, but also to all them that have loved his appearing."

2 Timothy 4:18, "The Lord will deliver me from every evil work, and will save me unto his heavenly kingdom: to whom (be) the glory forever and ever. Amen."