

December 6, 2020

**Life Is Complicated. (Week 13)**  
**We Can Help.**

*You have been bought and paid for by Christ, so you belong to him—be free now from all these earthly prides and fears.*

1 Corinthians 7:23 TLB

**Guilt...**

- Destroys your confidence
- Damages your relationships
- Keeps you stuck in your past
- Is broad and hard to define

**Conviction...**

- Destroys your pride
- Strengthens your relationships
- Moves you into your future
- Is pointed and very specific

**How to move past regret:**

1. Take personal \_\_\_\_\_.

*Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.*

Psalm 139:23-24 NLT

2. Accept responsibility for my \_\_\_\_\_.

*The Lord gave us a mind and conscience; we cannot hide from ourselves.* Proverbs 20:27 GNT

3. Confess to \_\_\_\_\_ and \_\_\_\_\_.

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us.* 1 John 1:9 ESV

*Confess your faults one to another, and pray one for another, that ye may be healed. The prayer of a righteous person is powerful and effective.* James 5:16

4. Accept God's \_\_\_\_\_.

*All of us have sinned...yet now God declares us “not guilty” if we trust in Jesus Christ, who freely takes away our sins.* Romans 3:23–24 TLB

*There is no condemnation for those who live in union with Christ Jesus.* Romans 8:1 GNT

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