

Pastor Ron Case  
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## **“Regret Relief”**

*“Even in laughter the heart may ache, and the end of joy may be grief.”*

*(Proverbs 14:13)*

*“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3)*

### **Regrets of the Righteous**

#### **Tactical Blunders**

**1 Samuel 22:18-23** – (18) “Then the king said to Doeg, ‘You turn and strike the priests.’ And Doeg the Edomite turned and struck down the priests, and he killed on that day eighty-five persons who wore the linen ephod. (19) And Nob, the city of the priests, he put to the sword; both man and woman, child and infant, ox, donkey and sheep, he put to the sword. (20) But one of the sons of Ahimelech the son of Ahitub, named Abiathar, escaped and fled after David. (21) And Abiathar told David that Saul had killed the priests of the LORD. (22) And David said to Abiathar, **‘I knew on that day, when Doeg the Edomite was there, that he would surely tell Saul. I have occasioned the death of all the persons of your father’s house.’** (23) Stay with me; do not be afraid, for he who seeks my life seeks your life. With me you shall be in safekeeping.”

#### **Transgression Bombshells**

**Psalm 38:17-18** – (17) “For I am ready to fall, and **my pain is ever before me.** (18) **I confess my iniquity; I am sorry for my sin.**”

**Key Point: Regrets are lessened by Repentance**

### **Regrets of the Rebellious**

**2 Samuel 16:23** – (23) “Now in those days the counsel that Ahithophel gave was as if one consulted the word of God; so was all the counsel of Ahithophel esteemed, both by David and by Absalom.”

**2 Samuel 17:23** – (23) “When Ahithophel saw that his counsel was not followed, he saddled his donkey and went off home to his own city. He set his house in order and hanged himself, and he died and was buried in the tomb of his father.”

**Regrets without Repentance are Depressive and Deadly**

## **Redeeming Regret:**

### **(1) Repentance & Restoration**

“...Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD your God?... I will restore to you the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you.” (Joel 2:13-14, 25)

### **(2) Resolve to Factor in God**

“Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.” (Philippians 3:13-15)

## **Questions:**

What impacted me the most in this message?  
Got regrets? (Matt. 11:28-30; Ps. 147:3)