

Pastor Ron Case  
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## **“Regret Relief” (2)**

*“Let your reasonableness be known to everyone. The Lord is at hand”  
(Philippians 4:5)*

### **Predilection towards Profligacy**

**Genesis 3:6** – “So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that *the tree was to be desired* (*intense longing, exceeding desire*) to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.”

**Numbers 11:33-34** – (33) “While the meat was yet between their teeth, before it was consumed, the anger of the LORD was kindled against the people, and the LORD struck down the people with a very great plague. (34) Therefore the name of that place was called Kibroth-hattaavah (*Graves of Craving*), because there they buried the people who had the craving.”

### **Recipe for Regret**

**Proverbs 5:7-13** – (7) “And now, O sons, listen to me, and do not depart from the words of my mouth. (8) Keep your way far from her, and do not go near the door of her house, (9) lest you give your honor to others and your years to the merciless, (10) lest strangers take their fill of your strength, and your labors go to the house of a foreigner, (11) and at the end of your life you groan, when your flesh and body are consumed, (12) and you say, ‘*How I hated discipline, and my heart despised reproof!* (13) *I did not listen to the voice of my teachers or incline my ear to my instructors.* (14) *I am at the brink of utter ruin...*”

**Proverbs 23:29-32** – (29) “Who has woe? Who has sorrow? Who has strife? Who has complaining? Who has wounds without cause? Who has redness of eyes? (30) Those who tarry long over wine; those who go to try mixed wine. (31) Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly. (32) In the end it bites like a serpent and stings like an adder.”

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| <b>Key Point: Excess breeds Regrets; Moderation impedes Regrets</b> |
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## **Reining in Regret:**

### **Enjoy without Over-Indulging**

“My son, eat honey, for it is good, and the drippings of the honeycomb are sweet to your taste.” (Proverbs 24:13)

“If you have found honey, eat only enough for you, lest you have your fill of it and vomit it.” (Proverbs 25:16)

### **Make Jesus Your Foremost Delight**

“Delight yourself in the LORD, and he will give you the desires of your heart.” (Psalm 37:4)

### **Keep an Eye out for End-Times Excessiveness**

“But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap. For it will come upon all who dwell on the face of the whole earth.” (Luke 21:34-35)

## **Questions:**

What impacted me the most in this message?

Do I see the correlation between excessiveness and regret? Are  
there some areas that God is convicting me of being excessive? Can  
there be too much of a good thing?