



## “LOSING THE WEIGHT OF REGRETS”

**Luke 22:31-34, 54-62**

October 18, 2009  
Christian Center of Salem  
Pastor Larry Murrell

### UNDERSTANDING REGRETS

#### Regrets come in different shapes...

- Regrets about stupid things
- Regrets about second best things
- Regrets about sinful things

#### Regrets come in different sizes...

- Small = inconvenience
- Large = greatly affect you
- “Super Size” = greatly affect you and others

#### Regrets come in different sounds...

- “I wish I hadn’t...” = mistakes and sins
- “I wish I had...” = missed opportunities
- “I wish it hadn’t...” = things out of your control

### THE “AFTERSHOCKS” OF REGRETS

*“On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, ‘Peace be with you!’”*

John 20:19, NIV

1. We become frozen with fear
2. We busy ourselves with unfulfilling and unfruitful activity

## HOW TO LIVE A LIFE OF NO REGRETS

### 1. Simple Obedience

*"Throw your nets on the right side of the boat..."*

John 21:6, NIV

### 2. Passionate Pursuit

*"As soon as Simon Peter heard him say, 'It is the Lord,' he wrapped his outer garment around him (for he had taken it off) and jumped into the water."*

John 21:7, NIV

### 3. Calculated Sacrifice

*"Simon son of John, do you truly love me more than these?"*

John 21:15, NIV

### 4. Unconditional Trust

*"Follow me!"*

John 21:19, NIV