



## Redeeming Regret

### The thread of blessing:

1. God wants to bless us.
2. His blessing is for us and through us.
3. God has to prepare us to receive His blessing.
4. The preparation is always painful, but necessary.
5. The blessing is always worth the pain.

### Sermon Notes:

#### Scripture: Genesis 33:1-20

Jacob had a lot of \_\_\_\_\_.

How Jacob handled regret:

1. He faced his \_\_\_\_\_ head-on.
  - We \_\_\_\_\_ it.
  - We \_\_\_\_\_ it.
  - We get \_\_\_\_\_ in it.

2. He made things \_\_\_\_\_.

- Jacob returned the blessing by \_\_\_\_\_ to Esau. (vs 8)
- Jacob returned the birthright by offering the \_\_\_\_\_. (vs 8)

3. He moved forward in \_\_\_\_\_.

- When we stay stuck in \_\_\_\_\_ or \_\_\_\_\_, we miss out on an opportunity to experience God's \_\_\_\_\_.

Don't live today in a way that you will \_\_\_\_\_ tomorrow.

### Questions for Discussion:

1. Tell about something from your past you regret.
2. Why is it sometimes hard to accept our past?
3. What do you think might have happened if Jacob had never gone back to face Esau?
4. In what ways do you think his life turned out better since he did?
5. How did Jacob try to make things right?
6. What are some examples of "making things right?" Tell about a time you've had to make things right.
7. Why is it important for us to accept our past, good or bad? What might be the result if we don't or can't?
8. How are "regrets" and "losses" different? How are they the same?
9. What are some examples of losses we can't "make right?"
10. Why should we not "move forward" too quickly? How do we know it's time?
11. What is the result if we can't move forward?
12. How does God's grace help us move forward?
13. Can you think of a time in your life that God's grace redeemed your regret?
14. What is one area in your life that if you stay on your current path you might regret in the future?
15. How can you change to keep this from happening?