

# No Regrets

*Living Life on Purpose*

- Regret is the 2<sup>nd</sup> most felt emotion and the #1 felt negative emotion.
- Defined as “Disappointment or sadness over something that has or has not happened.”
  - Guilt, shame, self condemnation (“I am an idiot or I am stupid”)
  - Thoughts of failure (“If I still had that job” or “If I only had a better education”)

Life is too short to waste on REGRET. We have to move forward not constantly living in our past. We start learning to Regret at the age of 2. The good news is that Regret is only toxic when it becomes a habit. A German research team found The older you get the less likely you are to engage in constantly looking a past mistakes. The brain tells you that your getting older, you don't have time to fix all of the past so why even try. It is probably one of God's ways of keeping us healthy and focused on the right stuff. The Reality is that Regret is simply looking backwards all the time which prohibits us from making progress forward in life and with God. Like trying to drive a car while constantly looking in the Rear View Mirror.

1. God gives us wisdom and practical steps to overcome REGRET. Steps that can keep you being stalled out in life
2. There is a very weird reason that most people refuse to change: Here it is!  
“The certainty of my issue, complacency is more comfortable to me than the uncertainty of change”.

## **STEP 1: START EVERYDAY WITH PERSPECTIVE**

- a. **Perspective Definition:** The way you see something

- b. **Two guys:** one guy on a life boat adrift on the sea for months and the second guy is stranded on a small deserted island. The guy on the boat sees the island and says, "An Island I am saved." The guy on the Island sees the little life boat and says, "A Boat I am saved." They are seeing the same situation from different perspectives.

## 1 Peter 1:17,

***"Live each day with holy awe and reverence throughout your time on earth"***

1. The focus of my day should be this **AWAKENING** in my mind that God is God and God is in control. What if I started every day with the simple act of pausing and gaining this perspective? How different would my day be if this was my new habit. A clear yet simple way of **CENTERING** my thoughts, emotions and plans for the day on the fact the God is God and I am in a Dance with the Holy Spirit. And together this day is going good.
2. It is an everyday thing, not a once a week or once a month thing
  - a. Our perspective is like this lens in front of our face that filters and re-describes everything we see into positive or negative
    - i. Our perceived limitations (lack of education, health, poverty, our race, our fears) all become LENSES of Perception that color what we see, how we think, how we speak and how we act.
  - b. How can I change my perspective so that I can see and live healthy everyday
    - i. Other people views: Helping us see better
    - ii. Exercise (endorphins): Helps you become happier
    - iii. Changing things up: Creates positive action in a new direction
    - iv. Reading: Stimulates the brain
    - v. Mindset change that says, "I refuse to stay the same. I must change."
3. Change your perspective about your past

- a. Your perceived failure was an opportunity to grow and get stronger. We are not
- b. Failure conscious

## **STEP 2: LISTEN FOR THE PULSE OF GOD**

### **Romans 8:5 TPT**

*Those who live by the impulse of the Holy Spirit are motivated to pursue spiritual realities*

4. When I read this I got this mental picture of God sending out these pulses of guidance, encouragement, alignment all day long. A pulse is a rhythmic, constant propelling of blood. And if I can position myself to feel or hear that pulse of the Holy Spirit then I will be better off.
5. How do I position Myself?
  - a. Journaling
  - b. Worship
  - c. Prayer
  - d. Walks in nature
  - e. Talking to a friend about God

## **STEP 3: LIVE YOUR LIFE WITH CONTROLLED CONFIDENCE**

- Imagine a life where you are not treading water just to stay afloat. Imagine a life where you are not rushing chaotically into the next unknown thing. Imagine living a life of peace that progressively moves forward according to the timeline of God. A life on purpose and for a purpose.
- That is what controlled confidence is.
- Illustration: Playing Tennis
  - a. Hit the ball with Confidence

- b. Don't be hesitant
  - c. Don't overhit
- Illustration: Treadmill
  - a. No one starts on level 10 and runs as hard as they can for 45 seconds and then collapses into a ball of goo. That doesn't help you grow.
  - b. You measure your speed based on your goal and where you are at
- That is how we live our life and grow as people
  - a. Controlled confidence in making decisions and in living life

## **NO REGRETS**

1. Start everyday with Perspective
2. Listen for the pulse of God
3. Live your life with controlled confidence