
Progress, Not Perfection

“No Regret”
Proverbs 6

11-28-21

Introduction: As we continue to work through the need to grow moments life throws at us, we come to the subject of regret.

1. Every one of us has said or done things we regret.
2. I don't think that's the issue. The issue is, what do we do next?
3. Regret is not something we should try to live with.
4. It will weigh us down & wear us out.
5. To prevent this, we should confront the regrets in our lives, doing what we can to make things right, so that we live free of regret.
6. The book of Proverbs can help us do this.

I. Regret Is Normal

A. Financial

B. Verbal

C. Relational

D. Behavioral

II. Addressing Regret

A. Deliver Yourself

- Humility (Proverbs 6)
- Initiative (Proverbs 6)

▪ Proactivity (Proverbs 6)

B. Protect Yourself

- Control Emotions (Proverbs 15:1)
- Wise Counsel (Proverbs 15:22)
- Careful Speech (Proverbs 15:23, 17:28, 18:7)
- Patience (Proverbs 18:13, 20:25)
- Forbearance (Proverbs 19:11)

Conclusion: Saying & doing things we regret is part of being human.

1. Living with regret is foolish.
2. If there are things in your life you regret:
 - Step 1: Deliver Yourself
 - Step 2: Protect Yourself
3. By addressing our regrets, we grow.