

## LETTING GO OF REGRET AND GUILT

I'm quite sure that I'm not alone in finding it hard to let go of regret and feelings of guilt. How often have we had cause to regret saying or doing something or equally not saying or doing something? Some things can never be unsaid or undone but sometimes we must try and let go of them in order to start the process of healing.

I know there have been situations where friends or family members have parted with unkind words or actions and then through circumstance beyond their control never get a chance to ask for or receive forgiveness but that cannot live with us forever.

The meaning behind Edith Piaf's song "Non, je ne regrette rien" wasn't a casual dismissal of any hurt or pain caused in the past that no longer matters but is instead an acceptance whereby the lyrics describes the speaker letting go of a lifetime of emotional baggage – the good, the bad and the ugly. She sings "I regret nothing" and celebrates the birth of a new love that makes the past fall away.

In the same way if we accept that we must learn to let go of our emotional baggage then others can help us by letting go of theirs too

So many people carry with them the pain of their past...things they wish they had done differently...things they regret saying...pain they caused others, or things that were inflicted on them. God did not intend for us to carry around such heavy burdens and baggage. It's the enemy of our souls that ties us down with such things in an effort keep us from living our lives in the freedom Christ offers and it hinders us from being all Christ calls us to be.

We all know that we can't go back and change the past. There are some things in life, that no matter how much we wish we could change them, we can't. In some situations, there is nothing we can do, but pray to **accept the things we cannot change** and ask God for His help to let go and move forward. This is where we must make a choice...we can choose to accept the things that we can't change and then choose to let God's grace cover the situation and let Him work it together for good in our lives...or we choose to hold on to the pain...choose to listen to our own voice instead of His... choose to not accept the freedom and gifts that Christ offers to set us free.

## BIBLE PASSAGES

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness"* 1 John 1:9

*"There is now no condemnation for those who are in Christ Jesus"* Romans 8:1

*"...he will have compassion upon us; he will subdue our iniquities, and thou wilt cast all their sins into the depths of the sea."* Let them go because you have been forgiven. Micah 7: 19

*Jesus said to him, "No one who puts his hand to the plough and looks back is fit for the kingdom of God."* Luke 9: 62

## PRAYER

We pray for all those who for years have carried feelings of guilt or regret; for something they did or something they neglected to do; who find it difficult to ask for forgiveness or forgive themselves.

We lift up all those who are feeling the weight of regret. We ask that you remind us of your forgiveness, your grace and your mercy that are new every morning.

Help us to move forward with the things which we can control and accepting the past actions or inactions that we cannot control.

Send us your healing power so that we can let go of the past and learn to forgive ourselves and others as you have forgiven our sins through Your Son, Our Lord, Jesus Christ

Amen