



## “No Regrets”

Wed June 1, 2022

### I. **Philippians 3:13-15**

#### A. Forget

1. The Biblical understanding of this word:

\* As believers, we have heard...forgive and forget (remove it from your memory), but this is not Scripturally sound by any means.

\* The Greek word is simply replacing something that doesn't bring fruit with something that does

2. *Paul is saying “Make a conscious effort to keep things in the past where they belong.....in the past.”*

#### B. Reach forth to those things before me (in front of me)

1. *Regrets are the things in the past that hold you back from your dreams of tomorrow.*
2. Think of it with both hands instead of one (When you worship God, surrender both hands, lifting them high to the Lord). I reach forward with both, so one doesn't try to hold on to what was.

#### C. Press toward the mark

1. **Press – To Pursue**
2. If you don't have a vision (plan), you will never be able to run.
3. *I Timothy 6:12 “Fight the good fight of faith....”*

- **David was given commandment to “Pursue, and without fail, you will recover”**

### II. **The Conscience**

#### A. **Acts 24:16**

1. **Exercise – Train**
2. **Hebrews 5:14** “Conscience trained to discern...”
3. Paul dealt with regrets for a long time. He finally realized that God wasn't holding it against him. (God can forgive and forget.....we have to train our minds to accept His love so we have no regrets!)
4. Void of Offence – So many people are taken captive by the enemy concerning offence. Be like Paul....Be like Jesus and live free from it.

#### B. The Armor of God

1. It is given to us by His grace and by His blood
2. **The Helmet of Salvation – what this does is not only protects you, but it reminds you of your identity in Christ.**