

Rising Out Of Regret!

1 Sam. 30:1-4 (ESV)

1 Now when David and his men came to Ziklag on the third day, the Amalekites had made a raid against the Negeb and against Ziklag. They had overcome Ziklag and burned it with fire

2 and taken captive the women and all who were in it, both small and great. They killed no one, but carried them off and went their way.

3 And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive.

4 Then David and the people who were with him raised their voices and wept until they had no more strength to weep.

1 Sam. 30:6 (ESV) - And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened (KJV-encouraged) himself in the Lord his God.

Eph. 5:15-16 (ESV)

15 Look carefully then how you walk, not as unwise but as wise,

16 making the best use of the time, because the days are evil.

Col. 4:5-6 (ESV)

5 Walk in wisdom toward outsiders, making the best use of the time.

6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

John 3:17 (ESV)

16 "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

17 For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

18 Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God.

John 8:10-12 (ESV)

10 Jesus stood up and said to her, "Woman, where are they? Has no one condemned you?"

11 She said, "No one, Lord." And Jesus said, "Neither do I condemn you; GO, AND FROM NOW ON SIN NO MORE."

12 Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

John 5:14 (ESV) - Afterward Jesus found him in the temple and said to him, "See, you are well! SIN NO MORE, THAT NOTHING WORSE MAY HAPPEN TO YOU."

Romans 10:11 (ESV) - For the Scripture says, "Everyone who believes in him will not be put to shame."

Psalms 103:1-5 (ESV)

1 Bless the Lord, O my soul, and all that is within me, bless his holy name!

2 Bless the Lord, O my soul, and forget not all his benefits,

3 who forgives all your iniquity, who heals all your diseases,

4 who redeems your life from the pit, who crowns you with steadfast love and mercy,

5 who satisfies you with good so that your youth is renewed like the eagle's.

1. He's a FORGIVING God!

(v 3a) Who forgives all your iniquities

Matthew 26:27-28 (ESV)

27 And he took a cup, and when he had given thanks he gave it to them, saying, "Drink of it, all of you,

28 for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.

2. He's a HEALING God!

(v 3b) Who heals all your diseases

2 Chr. 7:14 (ESV) - if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

Psalms 23:3 (ESV) - He restores my soul. He leads me in paths of righteousness for his name's sake.

3. He's a REDEEMING God!

(v 4a) Who redeems your life from destruction

Titus 2:11-14 (ESV)

11 For the grace of God has appeared, bringing salvation for all people,
 12 training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age,
 13 waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ,
 14 who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works.

4. He's an AFFIRMING God!

(v 4b) Who crowns you with lovingkindness and tender mercies

Psalms 116:7 (ESV) - Return, O my soul, to your rest; for the Lord has dealt bountifully with you.

5. He's a BLESSING God!

(v 5a) Who satisfies your mouth with good things

Psalms 37:4 (ESV) - Delight yourself in the Lord, and he will give you the desires of your heart.

6. He's a RENEWING God!

(v 5b) So that your youth is renewed like the eagle's

Psalm 103:6-22 (ESV)

6 The Lord works righteousness and justice for all who are oppressed.

7 He made known his ways to Moses, his acts to the people of Israel.

8 The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

9 He will not always chide, nor will he keep his anger forever.

10 He does not deal with us according to our sins, nor repay us according to our iniquities.

11 For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him;

12 as far as the east is from the west, so far does he remove our transgressions from us.

13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

14 For he knows our frame; he remembers that we are dust.

15 As for man, his days are like grass; he flourishes like a flower of the field;

16 for the wind passes over it, and it is gone, and its place knows it no more.

17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,

18 to those who keep his covenant and remember to do his commandments.

19 The Lord has established his throne in the heavens, and his kingdom rules over all.

20 Bless the Lord, O you his angels, you mighty ones who do his word obeying the voice of his word!

21 Bless the Lord, all his hosts, his ministers, who do his will!

22 Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!