

Ouch! That'll Leave a Mark!

Pastor Mitch Stroda

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“Overcoming Regret”

Now Jacob cooked a stew; and Esau came in from the field, and he was weary. And Esau said to Jacob. “Please feed me with that same red stew, for I am weary.” Therefore his name was called Edom. But Jacob said, “Sell me your birthright as of this day.” And Esau said, “Look, I am about to die; so what is this birthright to me?” Then Jacob said, “Swear to me as of this day.” So he swore to him, and sold his birthright to Jacob. And Jacob gave Esau bread and stew of lentils; then he ate and drank, arose, and went his way, Thus Esau despised his birthright. –Genesis 25:24-34

1. Regret begins with poor _____.
2. Regret is a _____ that it's too late.
3. Regret produces deep emotional _____.

Why Regret doesn't have to be the end:

- God doesn't have just one _____.
- Everything can _____.
- Jesus remembers his _____.