

# Be Not Afraid

## When Regrets Loom Large

2 Sam. 24 (page \_\_\_\_\_ in Church Bibles); Micah  
5:2-4; Matt. 2:6; John 10:11

# A Godly Man's Regret

# A Way of Escape

"The difference, then, between godly regret and worldly regret is partly one of duration. If your regret keeps you on your knees longer than the time it takes to repent, there is something amiss. Good regret pays a fleeting visit; bad regret, like the thoughtless party guest at 3 a.m., outstays its welcome. Good regret is a doorway; bad regret is a destination. Good regret makes us more preoccupied with Jesus; bad regret makes us more preoccupied with self. Good regret drives us to repentance; bad regret drives us to distraction."

—Barry Cooper, "Forget Regret"

# The Good Shepherd

Living Forgetfully of  
Your Regrets

“Lord, I beg you,  
take away the guilt of your servant.  
I have done a very foolish thing.”

-2 Sam. 24:10