

# HAUNTED BY THE PAST

## *Haunted by Regrets of the Past*

### *Matthew 27:1-5, Luke 22:54-62*

#### **What is Regret?**

- Regret is defined as “the *emotion* of wishing one had made a *different decision* in the past, because the *consequences* of the decision were unfavorable.”
- It is feelings of sadness surrounding a decision, an event, that happened to us or caused by us
- With regret there is a sense of disappointment over what has not happened
- The regrets we have stem from the choice we make, and they typically fall into two categories *unwise choices* or *unwise sinful choices*
- *Unwise choices* are decisions we make that in hindsight we know they were not wise and wouldn't make the same decision again
- *Unwise sinful choices* are decisions we make that are *clearly* against the Word of God and the negative consequences are a *direct result* that choice

#### **How Can Regret Impact Our Lives?**

- Regret is a *painful* emotion
- Regret can rob us of the joy in our lives
- We *replay* repeatedly in our minds “what could have been”
- The weight of regret hinders your growth for the future
- Regret can make us want to continually *beat ourselves up* over what happened or decisions of the past
- Regret can keep you from moving forward in life because you can't seem to *forgive yourself* of your past mistakes
- Regret can increase your level of stress, it can weaken your immune system, weaken your overall health, and even dim your hope for the future
- Some people even use regret as “a refuge” because it *protects* them from the pain and risks of living a full and complete life

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- Regret is not only unpleasant, it's unhealthy

#### ***Judas and Peter***

- Judas and Peter are two of the most widely known of Jesus' disciples
- *Judas betrayed Jesus*
- Jesus chose Judas to be one of His disciples
- He spread the gospel, cast out demons and healed the sick like the other disciples
- Judas was the treasurer of Jesus' ministry and personal integrity was an issue Judas struggled with
- The devil got into the heart of Judas and betrayed Jesus for 30 pieces of silver
- At the Last Supper, Jesus said someone would betray Him, and they all said to Jesus, "Lord, is it I"?
- Judas asked the same questions and Jesus said, "You have said so"
- Jesus told Judas whatever he planned to do, do it quickly
- When Judas saw Jesus being taken away to Pontius Pilate, and he acknowledged he had sinned against an innocent man
- Judas felt remorse over what he had done
- Judas tried to return the 30 pieces of silver to the chief priest and they rejected it
- Peter denied Jesus
- *Jesus chose Peter, too*
- Peter was active in ministry, just like Judas
- Peter had a spirit of pride and quick temper
- Jesus told His disciples that they would all scatter
- Jesus told Peter before the rooster crows, you'll deny three times
- Peter replies to Jesus, "even if I must die with you, I will not deny you!"

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- Peter was warming himself by the fire and was recognized in the crowd
  - A woman said this man was also with Jesus, Peter said, "*I don't know Him*"
  - A while later another person said, you are one of them, and Peter said, "*No I'm not!*"
  - An hour later another person says, you are one of them because you're a Galilean too, and Peter said, "*I don't know what you're talking about!*"
- While Peter spoke, the rooster crowed, and Jesus turned and looked at Peter
- And Peter *remembered* the Jesus' words that before the rooster crowed, he would deny Jesus three times
- Peter went out and wept
- Both Judas and Peter regretted what they had done, why were their outcomes so different?
- Judas was *remorseful*
  - Judas had *worldly regret*, sorrow that focuses *only* on the *action* that brought the regret
  - Judas repented to the priests, but not to God
  - Repentance means to change and to turn away from sin to God Judas needed to change, to turn from his terrible sin.
  - Judas confessed, but he confessed to the priests not to God.
  - Note Judas' words, "I have sinned."
  - He said, "I have sinned."
  - Judas was gripped with a worldly sorrow, not a godly sorrow
  - Judas threw the money at the feet of the priests.
  - Judas fell into utter despair and hung himself. He was gripped by guilt, grief, despair, and helplessness.
  - He was haunted by guilt and saw no hope.
  - Judas' sin was not unpardonable.

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- Peter was *repentant*
- Peter had *godly regret*, sorrow that focuses on the one he had offended, Jesus Christ
- Peter did three things in his repentance
  1. He remembered Jesus words
  2. He got alone with God and wept bitterly
  3. He expressed godly sorrow, Peter repented