Pastor Mark Schmechel | Nov. 1, 2026
Series: Googled | Romans 8:1

HOW DO I LET GO OF THE PAST?

Genesis 6:7 (NIV) *So the Lord said, "I will wipe from the face of the earth the human race I have created—and with them the animals, the birds and the creatures that move along the ground—for I regret that I have made them."*

Regret that is NOT a sin.

Regret CAN be a sin.

Romans 8:1 (NIV) *Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.*

John 1:12 (NIV) *Yet to all who did **receive** him, to those who **believed** in his name, he gave the right to become children of God.*

Psalm 103:12 (NIV) *As far as the east is from the west, so far has he removed our transgressions from us.*

ut this and I'll try to summarize some of them in the time we have left:

4 Ways to Live Free from Shame and Regret

1). Confess Sin.

2). Make Restitution.

Luke 19:8 (NIV) *But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."*

3). Trust in the promises of God.
1 John 1:9 (NIV) *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Psalm 85:2 (NIV) *You forgave the iniquity of your people and covered all their sins.*

4). Commit to Move Forward

Philippians 3:13 (NIV) *Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, [14] I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*