



Lessons for Life

Looking Back

iQuit - 3

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“Not long after that, the younger son got together all he had, set off for a distant country and there he squandered his wealth in wild living.” Luke 15:13 (NIV)

I Quit Looking Back When I ...

I. Regain PERSPECTIVE.

“Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living.... [Later] he came to his senses. . . .” Luke 15:13,17 (NIV)

We can lose perspective through:

- All-or-nothing thinking
- Perfectionism
- Over-generalizing
- Rewriting history
- Emotionalism
- Catastrophizing

Steps to take:

#1. DOCUMENT the regret.

#2: DISCUSS the regret.

II. Remember to be MYSELF.

“The older brother... [said] ‘Look! All these years I’ve been slaving for you and never disobeyed orders...’”

Luke 15:28-29 (NIV)

Facts to remember:

#1: You don’t have to COMPETE for God’s love.

“You are forgiving and good, O Lord, abounding in love to all who call to You.” Psalm 86:5 (NIV)

#2: God celebrates your UNIQUENESS.

“For You created my inmost being; You knit me together in my mother’s womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.” Psalm 139:13-14 (NIV)

III. Confess my REGRETS.

“I will say to him: ‘Father, I have sinned against heaven and against you.’” Luke 15:18 (NIV)

“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 John 1:9 (NIV)

Facts to remember:

#1: God’s forgiveness is COMPLETE.

“The Lord says, ‘Come, let us talk about these things. Though your sins are like scarlet, they can be as white as snow. Though your sins are deep red, they can be white like wool.’ Isaiah 1:18 (NCV)

Isaiah 43:25, Isaiah 1:18, Isaiah 55:7, Lamentations 3:23, Jeremiah 31:34

#2: Being forgiven doesn’t depend on our FEELINGS.

“If it is possible, as far as it depends on you, live at peace with everyone.” Romans 12:18 (NIV)

IV. Develop a PLAN with God’s direction.

“I will set out and go back to my father...But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.” Luke 15:18, 20 (NIV)

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28 (NIV)

“My purpose is to give life in all its fullness.” John 10:10 (LB)