

## Oct. 16<sup>th</sup> Sermon Notes

**Text: Philippians 3:12-16**

*“Whatever you may think of me. I haven’t arrived and here’s what I do about it.”*

**“Forgetting!”** But forgetting is not as easy as it sounds. How do we deal with the internal unrest and disturbance that bad decisions create?

### **1. Accept your regret, but without shame.**

**Regret** is remorse for an action, attitude, or our words. Regret is godly sorrow over a specific decision, a specific choice.

**Shame** is a negative label we attach to *ourselves*. A label that is different than the one God has attached to us.

Regret can help us remember the things we want to avoid in life and actually help us make better decisions. **Conscience is like the tastebuds of our spirit; it approves or disapproves of our actions.**

### **2. Always Run to the Lord. Never away! Draw near with confidence.**

- We have an advocate who speaks on our defense (1 John 2:1).
- More than trying to forgive yourself, act upon the forgiveness you have been given.
- Question: If God is not keeping a record of our failures why are we?

### **3. Don’t forget to say I’m sorry.**

Forgetting what lies behind does not mean forgetting the feelings of the people whom I may have hurt.

“I’m sorry” are the two most effective words for moving us and our relationships forward in a positive direction.

**Be specific about what you are apologizing for and never ruin an apology with an excuse.**

### **4. Press On**

Paul did not allow himself to be stalled out. He didn’t stop loving, praying, serving, giving.

Get rid of “if only” and think “what now” "If only" focuses our attention on the past -- which cannot be changed, "what now" focuses us on the present and puts us in position to take advantage of fresh opportunities.

I want to be a better husband, father, pastor, and friend. Paul said in verse 10 of this chapter, “**I want to know Christ.**” It is the pursuit of knowing Christ better that makes me better in all my other roles.

*This collage of thoughts about processing the past...*

*What is important is not how our years have been spent*

*but how we will spend the next moment.*

*What matters most is not how we loved in the past*

*but how we will love in our next encounter.*

*The only value of the past is in the lessons learned*

*that we can implement in the present.*

*There is nothing we can do about the smoldering embers of the past,*

*so it is wise to focus on the flame of "now."*

*Every moment is a fresh canvas awaiting new colors.*

Spiritual growth is a process. I am not just a grown man; I am a *growing* man who is pressing on to greater growth in my relationship with Christ.

*Spiritual maturity is not determined by how well we perform but by how strong is our faith in the redemptive work of Christ. It is determined by how confident we are that the status won for us by Christ is sufficient. The work is to believe in the One whom the Father sent (John 6:29). Always! Not just for salvation but for sanctification.*

**Accept regret. Run to the Lord. Say I'm sorry. Press on. That's how we can effectively and righteously forget.**