

From **Regret**
To **Gratitude**

REGRET

To feel sad, or disappointed over something that has happened or been done, especially a loss or missed opportunity.

Gratitude

*** Live for today.**

Hebrews 3:13

But exhort one another daily, while it is called To day; lest any of you be hardened through the deceitfulness of sin.

Gratitude

Psalm 113:3

From the rising of the sun unto the
going down of the same the LORD's
name is to be praised.

Gratitude

Ephesians 4:26-27

²⁶ Be ye angry, and sin not: let not the sun go down upon your wrath:

²⁷ Neither give place to the devil.

Gratitude

Ephesians 4:31-32

³¹ Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

³² And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Gratitude

*** Whatever you face, turn it for good.**

Romans 8:28-30

²⁸ And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

²⁹ For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren.

³⁰ Moreover whom he did predestinate, them he also called: and whom he called, them he also justified: and whom he justified, them he also glorified.

Gratitude

* Whatever you face, turn it for good.

Romans 8:31

What shall we then say to these things?
If God be for us, who can be against us?

Gratitude

* Forget the past

Philippians 3:12-14

¹² Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

¹³ Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

¹⁴ I press toward the mark for the prize of the high calling of God in Christ Jesus.

Genesis 45:1-7

45 Then Joseph could not refrain himself before all them that stood by him; and he cried, Cause every man to go out from me. And there stood no man with him, while Joseph made himself known unto his brethren.

² And he wept aloud: and the Egyptians and the house of Pharaoh heard.

³ And Joseph said unto his brethren, I am Joseph; doth my father yet live? And his brethren could not answer him; for they were troubled at his presence.

⁴ And Joseph said unto his brethren, Come near to me, I pray you. And they came near. And he said, I am Joseph your brother, whom ye sold into Egypt.

⁵ Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you to preserve life.

⁶ For these two years hath the famine been in the land: and yet there are five years, in the which there shall neither be earing nor harvest.

⁷ And God sent me before you to preserve you a posterity in the earth, and to save your lives by a great deliverance.

Genesis 45:15

Moreover he kissed all his brethren, and wept upon them: and after that his brethren talked with him.

from
to

Regret

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