

from
to

Regret

Gratitude

Dead people receive more flowers
than living people because regret is
more powerful than gratitude.

–Anne Frank

What can cause regret?

Things that are my fault:

- Taking a risk or not taking a risk
- Disobedience
- Perceiving things incorrectly
- Moving too slow or too fast
- Ignoring advice

What can cause regret?

Things that are not my fault:

- Abuse
- Anxiety
- Being overlooked
- Family
- Accidents

The greatest spiritual regret we can face is to “suffer loss”.

I Corinthians 3:10a-15

¹⁰ But let every man take heed how he buildeth thereupon.

¹¹ For other foundation can no man lay than that is laid, which is Jesus Christ.

¹² Now if any man build upon this foundation gold, silver, precious stones, wood, hay, stubble;

¹³ Every man's work shall be made manifest: for the day shall declare it, because it shall be revealed by fire; and the fire shall try every man's work of what sort it is.

¹⁴ If any man's work abide which he hath built thereupon, he shall receive a reward.

¹⁵ If any man's work shall be burned, he shall suffer loss: but he himself shall be saved; yet so as by fire.

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