

Mount Pisgah Baptist Church  
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## MOMENTS FROM THE MOUNT

### “Refuse to Regret”- Lesson # 2

I’m going to ask you two *main* questions:

**QUESTION # 1:** \_\_\_Yes \_\_\_No Has anyone ever made more than “5” mistakes in your lifetime?

We have all made mistakes, and we will make some more. The positive side of mistakes is that they can be a good indicator that we are simply having *growing pains*. It is *best* to learn from the mistakes of *others*. But sometimes, you will end up learning from your *own*.

**QUESTION # 2:** Have you heard about the “**Ole Satan Two step**”?

This is very very important!!! This, you must know!!!

Now, whenever anyone teaches on/about “regret”, they should explain to you, what is called, “**The Ole Satan Two Step**”.

**1). Step 1-** Satan will *tempt* you to sin.

**IMPORTANT POINT:** Do not believe, that every thought that comes into your mind, comes from you! Every thought that you may think, or temptation, does not necessarily originate with you!!!

Why is this important? Because you will beat yourself up over the temptation. But, the temptation was “external”. It didn’t come from you. But the devil will make you think that it’s *you*; and you will begin to think *bad* about *you*. You will say, “How could I think such a thing?”

But, being tempted is not sin; yielding to the temptation is sin.

1). **James 1:2-3** <sup>2</sup> My brethren, count it all **joy** when ye fall into *divers temptations*; <sup>3</sup> Knowing this, that the **trying of your faith** worketh patience.

2). **John 8:44**- Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When **he** speaketh a lie, **he** speaketh of **his own**: for he is a liar, and **the father of it**.

**He** will speak a lie to you, and make **you** think that **you** came up with it!!!

a). **Matthew 4:1;3;7**- (vs. 1)- Then was Jesus led up of the Spirit into the wilderness to be **tempted** of the devil. <sup>3</sup> And when the **tempter** came to him, he said, If thou be the Son of God, command that these stones be made bread. <sup>7</sup> Jesus said unto him, It is written again, Thou shalt not **tempt** the Lord thy God.

Now notice somethings here: You don't necessarily "invite" the devil. (vs. 3a)- "And when the tempter **came to Him**...". He shows up on his own to get you to sin. He initiates the temptation. Quit beating yourself up because at times you have thoughts/feelings that you do not want or like.

Also notice how satan twisted God's words around. (vs. 3b)- "...if thou be the **Son of God**...". This is not what God had called Jesus. God said something totally different one verse earlier.

- **(Matthew 3:17)**- And lo a voice from heaven, saying, This is my **beloved Son**, in whom I am well pleased.

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This is his attempt to get you to view yourself differently, from the way that God does.

b). **Luke 4:13**- And when the devil had ended all the **temptation**, he departed from him for a season.

**REINTERATION POINT:** Every thought that you have, doesn't necessarily come from, nor initiates, with you!

**SHOUTING POINT:** But once you have thoughts of temptation, you can **rebuke** that devil/demon that is now trying to get you to **act** on them.

- **(II Corinthians 10:5)- Casting down** imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into *captivity* **every thought** to the *obedience* of Christ;

2). **Step 2-** Satan will then *accuse* you, put you down, talk about you, for yielding to **his** temptation. This is the “**Ole Satan Two Step**”.

He will *tempt* you, and then make you feel bad, about doing what *he* suggested and encouraged you to do.

a). **Revelation 12:10b-** for the **accuser** of our brethren is cast down, which **accused** them before our God day and night.

Do not fall into this “**trap**”. This is one of Satan’s “**devices**” that is spoken about in:

1). **II Corinthians 2:11-** Lest Satan should get an **advantage of us**: for we are not ignorant of his **devices**.

Listen everyone, you must also know about this particular device, because Satan uses it **all of the time**; and it works on *most* people. But we have gathered, and are studying on this evening, so that it will no longer work on us!!!

\*\*\*\*\* Okay so, have you ever made a mistake, and then “**felt really bad**” about having made the mistake?

\*\*\*\* When you make a mistake, you have two options:

1). **Satan’s Option-** You can “*feel*” bad about it.

Now, when you mainly “*feel*” bad about your mistake, this will normally lead to “*regret*”. **This is the opportunity that the *spirit of regret* has been waiting on.**

Here, *nobody*, or only *very few* people, know that you did it, and of course *you* know that you did it. People don’t know, but *you* know! And since *you* know, *you* feel bad about having done it. And you can’t seem to make the feeling go away. The feelings **linger** with you for days, months, and even years.

a). **Psalm 32:1; 3- Blessed** is he whose transgression is **forgiven**, whose sin is **covered**.<sup>3</sup> When I **kept silence**, my bones waxed old through my roaring all the day long (*meaning that he felt miserable*).

You say, “Well preacher, isn’t regret “good”? A certain amount of regret is good. If it *leads* you to **do** something! If it *leads* you somewhere. Some people “**retire in regret**”!! They live most, or in some cases, the rest of their lives, in the **Regret Retirement Resort**.

2). **God’s Option-** You can **REPENT**. Regret can be *good*, but repentance is *better*.

You can *repent* and receive *forgiveness*. And with this option, you can/should stop “**feeling**” like you’re a terrible human being. That weight is lifted off of you!! But, you can’t **keep silent**, you must tell God that you are sorry. And then ask Him to help you to deal with the consequences.

You must now move from “**feelings**” (**regret**), to taking “**action**” (**repentance**).

“**Regret**” is the way that the *devil* wants you to respond. “**Repentance**” is the way that *God* wants you to respond. Regret doesn’t necessarily change anything. Repentance does!! Repentance places you back in right standing with God, so that you can get rid of the feelings of guilt and regret.

1). **I John 1:9-** If we confess our sins, he is faithful and just to forgive us our sins, and to **cleanse** us from all unrighteousness.

**The guilt residue is gone.** But often, we and satan will bring it back up.

2). **Psalm 51:2; 10-** Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies **blot out** my transgressions.

<sup>10</sup> Create in me a **clean** heart, O God; and renew a right spirit *within* me.

3). **Isaiah 59:2-** But your *iniquities* have **separated** between you and your God, and your sins have hid his face from you, that he will not hear.

**DOCTRINAL POINT:** Your “**feelings**” don’t move God. Your “**faith**” does.

You say, ‘Well, what should have I faith in?’ His forgiveness!!!