

## Regrets

Do you have regrets? We often have regrets for the things we did and sometimes for the things we did not do. I regret the times that I was too busy or distressed to call friends. I had a friend that once told me she had been angry with me because I dropped out of her life and wasn't there when she needed me. I couldn't explain that I, myself, was going through a difficult time and just didn't want to talk to anyone. I had retreated and needed time to heal from a heartbreak. It was a slow walk back to being myself and I didn't want to talk about it with anyone. So, I isolated myself and missed the chance to let others help me. I even shut God out of my life in that time. Do I regret it? Yes. I eventually healed but it would have been much easier with someone to help me through it and shutting God out was the worst mistake of all.

God knows when we have regrets and when we need help. To shut God out is the biggest mistake we can make. Every day I thank him for the times he has remembered me even when I have turned away. God is always there, and he knows our heartbreak and our needs. Our heartbreaks are his heartbreaks as he takes on our trials and our dreams. I hope I have learned the lesson of always talking to God about my problems. He doesn't judge us but accepts us with our faults and mistakes. He gives us the courage to forgive those who hurt us and the chance to let go of self and do what's best for ourselves and our loved ones.

Remember the words of Psalms 23.

The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures. He leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for thou are with me. Thy rod and thy staff they comfort me. You prepare a table before me in the presence of my enemies, you anoint my head with oil, my cup overflows. Surely goodness and love shall follow me all the days of my life and I will dwell in the house of the Lord forever.

Lord, we thank you for all our days and we thank you for being with us always. Be with those who are ill and those who grieve, may they feel your healing touch and your comfort. Let us recognize the opportunities that we see to do your work here in this place. Be with our Pastor and his family, bless him in all he does and be with him, give him your strength, your guidance and always your love. Be with all of our congregation, bless them and may all we do honor our church and you, our Lord. Our country is in turmoil, may we remember who we are and whose we are. In Jesus name we pray. Amen

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