

### Working through Regrets

As you struggle with parenting regrets, work through this process. You can do it with each area/situation that has led to regret.

- I. Jesus is your **refuge**. He is a safe place for you to run to. He has tender compassion on you. [Psalm 56:8]

Be honest about your sins. What were they?

Be honest about your limitations. What were they?

Be honest about your weaknesses. What were they?

Be honest about how you feel. How do you feel?

- II. Jesus is the **Redeemer** of the world. [Mark 5]

Run to him and plead earnestly for your children. What do you want to ask of him?

Ask him for the gifts of faith and hope as it pertains to your children. Take heart because your Redeemer lives to do good.

How has he already been a Redeemer in your parenting? What faithful acts from the past do you remember?

How can you press on now in the power of his Spirit? [John 14:16–17]  
Make a list.

III. Jesus is your **rest**. [Psalm 131]

Resolve to be like a weaned child.

A prayer for when you are struggling:

Lord, regrets are looping in my mind. I am running to you now because you are a safe place and I need refuge. I am remembering that you are the Redeemer of the world. My children and I need a redeemer and because you live I have hope and will press on in doing good. Help me live with hope and with expectation that because you live, you will continue to bring redemption to the areas that need growth and healing with my children. I entrust them, their stories, and their futures to you.

Help me now to be like that weaned child and to rest because you are with me. Thank you that you are a Father to me. In Jesus's name, amen.