

# WISDOM JOURNAL

## DAY 5

### SUBJECT: LIVING WITH REGRETS

I have many regrets. I wish I could of did things differently. I believe that decisions decide seasons. Some decisions I made caused me to go through **UNNECESSARY** hardship. I regret those decisions. However, I've learned to live with them.

I believe every person has regrets. Whether they admit it is another story. The key to overcoming regrets is learning how to live with them. It took me some time to figure this out but I learned how to do this. Regrets stay with you like a bad disease. They don't go away easy.

The only way to live with regrets is to use the lessons as a **NAVIGATION** tool. The purpose of a navigation tool is to guide you in the right direction. The feeling of regret weighs you down. However, it is the best tool to guide you toward the way of righteousness.

My regrets have shown me the way of destruction. It has shown me the way of pain. It has shown me the way of heartache. The pictures of regrets that flickers in my mind keeps me doing what is righteous in-spite of opposition. Take your regrets and use them as a guiding light and not as a heavy weight.

Ecclesiastes 7:14 says, *"When life is good, enjoy it. But when life is hard, remember: God gives good times and hard times, and no one knows what tomorrow will bring."*

**TAKEAWAY:** You will have regrets. When these thoughts replay in your mind think of them as a **NAVIGATION** tool. Don't make the same mistake. Don't trust familiar spirits. Don't repeat the same behavior. Use your regrets as a guiding light to help lead you toward a righteous path.

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