**HEART TO HEART**/A word of hope and encouragement by Mennie Morrison

**JANUARY 2025**

**LIVE LIFE WITH NO REGRETS (PART 1)**

Greetings to you this first month of a brand-New Year of 2025. I pray that as this New Year is starting you will live your **life on purpose and with No Regrets**.

This month my teaching title is **Live Life with No Regrets**. As with most of my messages, there is a back-story on how my title came about, so let me briefly share that with you.

In the month of September 2024, a dear sister in Christ and co-worker suddenly passed away. Prior to her passing, I had heard that she and another brother in Christ were not speaking and fellowshipping as they had previously done before. This dear sister went to her brother to see what had happened and try to reconcile; how many of you know that she was working the Word of God (obeying what it instructs us to do) by trying to make things right and **live your life with no regrets**.

After her passing, I saw the person that seem to have been offended by her and immediately the words **Live Life with No Regrets** came to my heart and mind. From this experience, that I was privy to and some personal situations in my own life, I believe this is why the Holy Spirit spoke this powerful statement to me; **Live Life with No Regrets**.

Let’s start by defining the word; **Regret**: *feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity)*. Wow, we don’t want to miss opportunities in our lives to make things right with people, so we can be able to say, I am **living my life with no regrets**.

**Living without No Regrets** is not living a perfect sinless life; none of us can do that. However, we can live our lives pleasing God to the best of our ability with the help of the Holy Spirit and not have regrets if we obey God’s Word in all areas, which is attainable.

As we have entered **2025** a brand year, let’s ask Holy Spirit what He may be saying to us through this message of **Live Life with No Regrets**. If this teaching doesn’t resonate with you, then it’s not for you, but I know that it will hit home with many, otherwise the Holy Spirit wouldn’t have given it to me, as I don’t think that it is strictly for my hearing only.

When I first heard this in my spirit, I immediately thought about unforgiveness and offenses. How many of you know that it is so easy to be offended these days by the slightest of things. In this life, offense will come. We will all have the opportunity to be offended quite often. However, we don’t have to stay offended because that breeds so many other unhealthy emotions in our lives.

I believe that if we as Christ Followers, Believers in Jesus will purpose to live our lives free from being offended and staying there, which in turn will cause unforgiveness, we will be able to say, **I am living my life with no regrets**.

Being offended comes with so many other unhealthy emotions as I mentioned earlier. Let’s look at a few definitions of offense as it relates to our emotions, unforgiveness etc. We must learn to deal with this powerful emotion of offense that will always be around, in order to live a healthy spiritual and physical life. There is so much that can be taught and shared on being offended; having unforgiveness in your hearts, that it would take a book or books to cover it all.

Offense means: *something that outrages the moral or physical senses*. *The state of being insulated or morally outraged*; Wow, Wow.

Now, let’s look at a definition of unforgiveness. Unforgiveness is *an internal state that people experience in the aftermath of an offense*. So, we can see that unforgiveness starts with being offended.

So, in this first part of our teaching on **living your life without regrets** and looking at these 2 powerful emotions, of offense and unforgiveness, we will see what the Word of God has to say about them as we want to **live our lives with No Regrets**.

**Proverbs 10:12 (ESV)** says: *Hatred stirs up strife, but love covers all offenses*. This scripture is so powerful to me, as we know that Love (the Love of God and the Love that has been given to us through the power of the Holy Spirit, is the greatest (**1 Corinthians 13:13**). If we are truly walking in the Love that the Bible talks about, it will be hard to stay offended. Being offended is one thing, but staying in that place of offense is another.

However, I believe that we can live in a place with God that when offense does come our way, we will immediately recognize it and quickly renounce that emotion from taking root.

**Proverbs 18:19(AMP)** *A brother offended is harder to win over than a fortified city, and contentions [separating families] are like the bars of a castle*. Wow, that is deep (profound). Can we see how deadly this emotion of offense is and how we should purpose avoiding being offended at all cost.

One more scripture on offense then we will look at some on the other deadly emotion of unforgiveness. Still in the book of **Proverbs**, let’s look at chapter **19:11 (AMP)** *Good sense and discretion make a man slow to anger. And, it is his honor and glory to overlook a transgression or an offense [without seeking revenge and harboring resentment].*

Oh, my goodness. There is so much in the Word of God about unforgiveness and being offended, but we will only look at a few more scriptures with regard to unforgiveness before we close this part of our teaching. According to the Word of God, forgiveness is not an option but a command and according to scripture, we must forgive if we want forgiveness.

Let’s look at[**Mark 11:25**](https://www.biblegateway.com/passage/?search=Mark+11%3A25&version=ESV)from both **ESV** & **AMP** versions.

**(ESV)** *And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses.”*

**(AMP)** *Whenever you [*[*a*](https://www.biblegateway.com/passage/?search=mark%2011%3A25&version=AMP#fen-AMP-24666a)*]stand praying, if you have anything against anyone, forgive him [drop the issue, let it go], so that your Father who is in heaven will also forgive you your transgressions*and*wrongdoings [against Him and others].*

So, from this scripture alone, **living our lives with no regrets** will require us being intentional to not allow offense to enter our hearts.

[**Matthew 6:14-15**](https://www.biblegateway.com/passage/?search=Matthew+6%3A14-15&version=ESV)**(ESV)** *For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.*

[**Ephesians 4:32**](https://www.biblegateway.com/passage/?search=Ephesians+4%3A32&version=ESV)**(ESV)** *Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

As we can see from the Word of God, forgiving others is vital to us receiving forgiveness from our Heavenly Father. So many believers are not following this most important command in God’s Word; and they live their lives with regret because they chose to hold on to offense. Let that not be said of you and I. Let’s purpose with the help of the Holy Spirit to **live life with no regrets**, in Jesus Name.

We will close with the last scripture. **Ephesians 4:26-27 (GNT)** *If you become angry, do not let your anger lead you into sin, and do not stay angry all day.**Don't give the Devil a chance.*

Let’s make sure we are getting things dealt with in regard to offense, unforgiveness and even being angry. All of these emotions will come in our lives, but it’s how we deal with them according to the Word of God that will make the difference in our lives and whether we will be able to say, **I am living my life without regrets**.

Visit our site next month as we continue this most important and timely teaching entitled; **Live Life Without Regrets**. Happy and Blessed New Year to you and your family and always remember that God has **Blessed You To Be A Blessing!**