

Living Without Sadness, Depression, Disappointments And Regret

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We've all experienced situations that left us feeling disappointed, discouraged and frustrated. Every morning, Christians all over the world wake up discontent with life and wish they could trade it for a different one. But whenever life throws a curve ball, you have to learn to turn to God's word and search for solutions that you can put into action to change your attitude and perspective. As believers, we are called to live by faith and not our emotions. And yet, so many of us choose to live by something else, our feelings. You see, in the middle of pain, disappointment, and suffering, it is faith that whispers this isn't permanent. Maybe you're going through something at the moment. If so, my hope for you is that you'll allow this message to speak life into your current situation.

In life, every one of us is going to experience sadness, regret, disappointment, and anxiety or depression, no matter who you are and where you live. These are realities of this broken world, but we know they never come from God. Where do they come from? Sometimes we experience sadness and disappointment through regret. Regret is sorrow or guilt over something that has happened or something that we have done. Regret can also be a sense of disappointment over what has not happened, such as regretting wasted years because of what you should have done or shouldn't have done. There are other reasons why we experience sadness, regret, disappointment, and anxiety. It could be the loss of someone, a personal failure, an unfairness or injustice, or a tragedy of life. We've all been there. Everyone is on some level of sadness, regret, disappointment, or anxiety. It seems that we all made mistakes in our past. There are things that we did that we shouldn't have done, and there are other things that we didn't do that we should have done. And so, sadness, regret and disappointment affect all of us.

This is where many times we face regrets. When you are changing seasons in your life, when you are going through a transition, it's natural to look back. If you are completing school, if you are completing college or you are graduating from university or are about to marry, or you are transitioning from married life to a single life, it's easy to look back and feel you could have done things differently or better. One might say; I could have studied better; I could have done this or that better, I wished I had done this, I missed this opportunity. What I'm doing with this message is applying the redemption that Jesus has provided for us to the soul, which is where sadness, regret, disappointments, and anxiety will be. You get saved and forgiven of your sins. You get spiritual rebirth for your spirit. We believe that by His stripes we were healed, and we apply that to our bodies, but also the soul is part of man and that's where regret, sadness and sorrow, disappointments, anxiety and grieve reside. We can apply what Jesus did to our soul so we can be totally free from these emotional experiences just like we are free from guilt. When you apply the word to your past sins, then you are free from sin and guilt. We can apply what Jesus did to our past mistakes, experiences and whatever has happened in our past and be free from any kind of emotional distress.

There can be areas in your past that you sometimes look with fondness at, and other areas that you pause to take a breadth with sadness at when you think about them. You may be thinking that you are supposed to feel that way because it happened and you think it's going to be a scar in your life that's never going to be completely go away. Know this, God is not going to let your past affect your future. We are not going to be sorry for anything for the rest of our lives. The reason God can do that is because Jesus has already paid the price. We can apply these truths now and be happy. You can be happy again no matter what has happened in your past. You can take the word of God and apply it and be happy and be filled with joy. You have to get over the past, if you want to go into the future that God has for you.

Are you mourning? *"Blessed are those who mourn, for they will be comforted"* (Mat. 5:4 NIV). In this text of scripture, Jesus gives a beautiful promise. 'They will be comforted'. He doesn't want us to be sad. He doesn't want us to mourn for long and have sorrow and regret as part of our thinking. In the Bible, God repeatedly promises us that when we experience sorrow, He is going to give us comfort. God sees you in your sorrow, He knows your tears. God is with us and He wraps His love around us. In our darkest night, God gives us hope. Psalm 30 says *'weeping may endure for the night, but joy comes in the morning'*.

You can be comforted today when you experience sorrow. When you mourn, God will comfort you. God sees those who mourn, and He promises to comfort them. He will bring healing to your heart when you grieve or experience disappointment or regret. He gives hope to those feeling hopeless, and strength to anyone feeling overwhelmed. He is so close to you in the midst of your sorrow, regret and disappointment.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit” (Rom. 15:13). If you allow the Holy Spirit, He can provide strength when you are lacking it. God will give you unexpected strength. You are the only person who can control your joy - don't give that power to anyone else. *“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; nor be discouraged” (Deut. 31:8).* Trust that the Lord will guide you out of any difficult situation.

Are you depressed or anxious? How do you stop anxiety from remaining with you? How do you minister to someone who has anxiety? I will always refer them to Phil. 4:6-7. ⁶*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus”.* So, that peace will replace anxiety. Notice, He gave us some actions. He says pray about things causing you anxiety. Therefore, you ought to get proactive. If you are neutral on regret, anxiety, sadness, depression, they wouldn't change unless you get proactive, then things begin to change.

“Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷casting all your care upon Him, for He cares for you” (1 Peter 5:6-7). So, a person who is anxious and or regretting hasn't cast his or her cares on the Lord. If you are anxious, or regretting you haven't cast your cares or anxiety or your regrets on the Lord and that will keep you awake at night. We all have to deal with this.

Are you broken hearted? Jesus said He can heal the broken hearted. *“The Spirit of the LORD is upon Me, Because He has anointed Me To preach the gospel to the poor; He has sent Me to heal the broken-hearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed” (Luke 4:18).* Can you imagine, there's no doctor in the world who can heal the broken hearted. There's no psychiatric in the world who can heal the broken hearted. There's no surgeon who can operate and heal a broken heart. Jesus can heal a broken heart, and He is the only one who can. You can apply the word of God to this area of your life. The same Spirit of God is in us, He is in the word and people can be healed of broken heartedness today.

Are you sorrowful? *“For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death” (2 Cor. 7:10).* There's a sorrow that comes from the world, and many people will be dealing with this. It produces death. In other words, there's nothing you can do about it. You can't go back and fix it, and every time you think about it, it just produces sorrow, it becomes a chronic condition. This is the sorrow of the world Jesus died to set us free from. The Bible says in Isaiah 53:4 that *“Surely He has borne our griefs and carried our sorrows”.* Not only did He take our sins, not only did He take our sickness, but He took our sorrows. That means He took our sorrows so we can be happy. That just makes me happy and to apply that to my past is supernatural. The word of God will work in your soul. Apply it to your situation today. **You can live without sadness, regret, disappointments, and anxiety from today and even forever more.**

Christ is the only saviour of the world. Have you received Him? If you will, please pray this prayer after me, saying every word from your heart...

Dear Lord, I recognise that I am a sinner and need to be saved.

I understand that Jesus died in my place and suffered the judgment of all of my sins.

I believe that Jesus rose from the dead and He is at the right hand of the father.

Lord Jesus, I surrender my Life to you.

Come and Live in my heart and be my Lord and saviour.

Thank You for saving me. Amen!