



# THE BEST OF 2010

## CLEARING AWAY THE TRASH WE REGRET

### JOEL 2:18–27



### The Heart of the Matter

Looking back over your shoulder is sometimes a painful experience, especially when you see saddened, shamed, or angry faces. If we were honest with ourselves, we'd admit that the road behind us has too often been a garbage dump when it comes to our relationships. We see the rotten fruit of regrets for things said and not said—a trash bag full of guilt, broken promises, tangled emotions, and nonrecyclable pride. When you look back over your relationships, do you see regrets? If you do, then it's time to clear away the trash.



### Discovering the Way

#### 1. Looking Back: God's Terrible Judgment (Selected Scriptures from Joel 1)

Judah had fallen into sin and the Lord brought three plagues to judge His people: fire, drought, and—worst of all—locusts.

#### 2. Looking Back: Restoring What the Locusts Have Eaten (Joel 2:12–15, 25)

God's judgment would not last forever. He would restore what the locusts had eaten. Regrets over strained and broken relationships do not have to last forever; relationships can be restored.



### Starting Your Journey

If you want to clear away the trash of regret and guilt regarding past relationships, then you must seek forgiveness. And when you do, obey these three commands: start immediately without rationalization, return completely without reservation, and repent openly without hesitation.



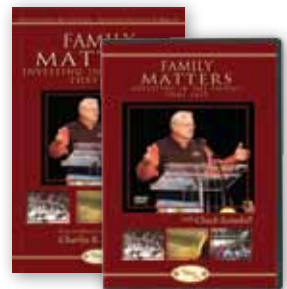
### Tools for Digging Deeper



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