

5 Things I Definitely Don't Regret

(What I've learned over the past 14,600 Days)
by Dr. David Foster

3 Biggest Regrets

I regret **the pain I've caused Paula.**

"Husbands, love your wives and do not be harsh with them."
(Colossians 3:19 NIV)

I regret **that I wasn't as engaged with the girls as I could have been.**

I regret **too much fretting.**

"Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD: and he shall give thee the desires of thine heart. Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. . . . Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, . . . Cease from anger, and forsake wrath: fret not thyself in any wise to do evil." (Psalm 37 KJV)

5 Things I Don't Regret

I don't regret **taking God seriously.**

"You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. You must not bow down to them or worship them, for I, the LORD your God, am a jealous God who will not tolerate your affection for any other gods. **I lay**

the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. But I lavish unfailing love for a thousand generations on those who love me and obey my commands." (Exodus 20:4-6 NLT)

I don't regret **making Scripture my family's foundation.**

"But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work." (2 Timothy 3:14-17 NIV)

I don't regret **giving God's way.**

"Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come." (1 Cor 16:2 KJV)

"Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be." (Matthew 6:19-21 NLT)

I don't regret **joining the movement.**

I don't regret **not quitting.**

"Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:7-9 NLT)