



"it's is my life"  
-JON BOVI

#BADVICE

LESSONS



FREEDOM

BADVICE



#badvice

LESSONS



F R E E D O M



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LESSONS



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# REGRET

a feeling of sadness, sorrow,  
or disappointment over something  
that has happened or been done.

LESSONS



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## 2 CORINTHIANS 7:10

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

LESSONS



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## MATTHEW 26:21&2

And as they were eating, he said, “Truly, I say to you, one of you will betray me.” Judas, who would betray him, answered, “Is it I, Rabbi?” He said to him, “You have said so.”

LESSONS



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## MATTHEW 26:33-35

Peter answered him, “Though they all fall away because of you, I will never fall away.” Jesus said to him, “Truly, I tell you, this very night, before the rooster crows, you will deny me three times.” Peter said to him, “Even if I must die with you, I will not deny you!” And all the disciples said the same.



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## MATTHEW 27:3-5

Then when Judas, his betrayer, saw that Jesus was condemned, he **changed his mind** and brought back the thirty pieces of silver to the chief priests and the elders, saying, "I have sinned by betraying innocent blood." They said, "What is that to us? See to it yourself." And throwing down the pieces of silver into the temple, he departed, and he went and hanged himself.

LESSONS



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# BADVICE #1

## Run to the problem

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# BADVICE #2

Run from the problem

LESSONS



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# BADVICE #3

Follow emotions

LESSONS



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LESSONS

# Guilt > Shame > Depression > Death

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**Conviction > Confession > Healing > Life**

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**LUKE 22:62**

**And Peter remembered the saying of the Lord, how he had said to him, “Before the rooster crows today, you will deny me three times.” And he went out and wept bitterly.**

LESSONS



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**LUKE 24:12**

**But Peter rose and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; and he went home marveling at what had happened.**

LESSONS



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## JOHN 21:7

That disciple whom Jesus loved therefore said to Peter, “It is the Lord!” When Simon Peter heard that it was the Lord, he put on his outer garment, for he was stripped for work, and threw himself into the sea.

LESSONS



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# GOODADVICE #1

## Run to Jesus

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Don't run to the problem,  
run to the problem solver

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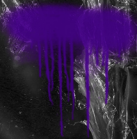
## JOHN 21:15-19

When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." He said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?"

LESSONS

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**Peter was grieved because he said to him the third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.”**  
**Jesus said to him, “Feed my sheep....**  
**...And after saying this he said to him, “Follow me.”**

LESSONS



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# GOODADVICE #2

## Confess to Jesus

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**JAMES 5:16**

**Therefore, confess your sins to one another and  
pray for one another, that you may be healed.**

LESSONS



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Every regret can be  
redeemed in Jesus

LESSONS



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**GENESIS 6:6**

**“And the Lord regretted that he had made man on the earth, and it grieved him to his heart.”**

LESSONS



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# GOODADVICE #3

## Follow Jesus

LESSONS



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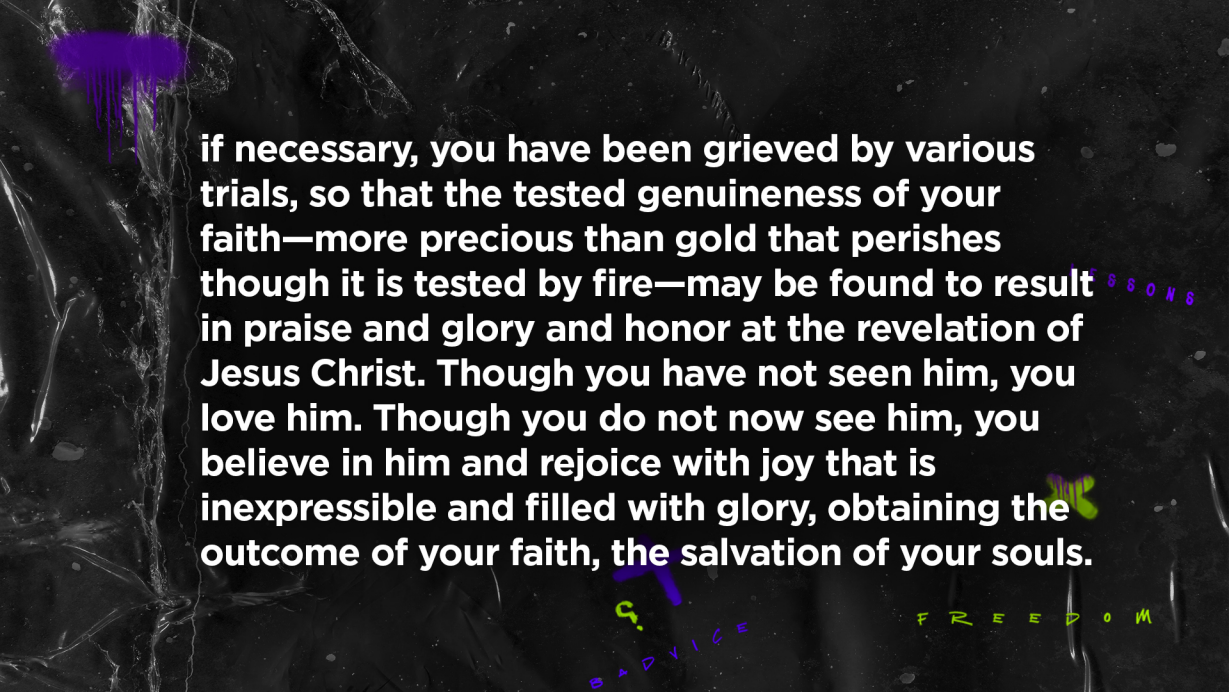
## 1 PETER 1:3-9

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who by God's power are being guarded through faith for a salvation ready to be revealed in the last time. In this you rejoice, though now for a little while,

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**if necessary, you have been grieved by various trials, so that the tested genuineness of your faith—more precious than gold that perishes though it is tested by fire—may be found to result in praise and glory and honor at the revelation of Jesus Christ. Though you have not seen him, you love him. Though you do not now see him, you believe in him and rejoice with joy that is inexpressible and filled with glory, obtaining the outcome of your faith, the salvation of your souls.**

LESSONS

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## 2 CORINTHIANS 7:10

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

LESSONS



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# BADVICE #4

## Hold Back

LESSONS



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# GOODADVICE #4

Go All In

LESSONS



Q.

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F R E E D O M