



Pastor Titus A. White, Sr.

Wednesday, July 22, 2026

WOW – Word on Wednesday

Summer School Series

“Unpacking Summer Baggage”

Week 1: The Baggage of Busyness *Matthew 11:28-30*

Week 2: The Baggage of Bitterness *Ephesians 4:31-32*

Week 3: The Baggage of Regret ***Philippians 3:13-14***

Week 4: The Baggage of Anxiety *Philippians 4:6-7*

Intro: Our lesson tonight on the baggage of regret helps us explore the difference between carrying the heavy burden of our past mistakes and experiencing the true freedom and grace of God. Regret can act as a useful tool to guide us to repentance, but when left unresolved, it turns into destructive emotional and spiritual baggage that paralyzes our present and future. Let’s look at the core truth – Regret vs Repentance – we must understand the biblical distinction between worldly regret and godly sorrow.

A. Worldly Sorrow (Regret without Repentance)

This happens when we focus purely on our failure or the consequences of our actions. It leads to shame, self-condemnation, and spiritual death.

B. Godly Sorrow (Regret that leads to Repentance)

When our sorrow over our actions turns us toward God. True repentance means a “change of mind” and change of direction.

C. Four Steps to Leave Your Baggage Behind

You do not have to drag the ball and chain of past mistakes throughout our lives.

1. Acknowledge and surrender your baggage Proverbs 12:22
 - Be honest with yourself and God about what you are carrying. John 8:32
 - You cannot surrender what you refuse to admit is there. Hebrews 12:1
 - Visualize the swap: Picture yourself taking off heavy loads and placing it at the foot of the Cross.
 - Let go of control: stop trying to fix, replay, or undo what has already happened.
2. Accept God’s Forgiveness: If God has forgiven your sins, you must choose to forgive yourself.
 - Refusing to forgive yourself is a stain on Christ’s sacrifice.
 - Shift from feelings to faith, feelings can deceive. Matthew 6:15
 - Recognize that the price has been already paid. Ephesians 1:7
 - Accept the gift: forgiveness is a free gift.

3. Learn from the mistake, then move on.

- Evict the accuser: God convicts us to change, but Satan condemns you to make you quit.
- Silencing the voices, remind yourself that God does not bring up the past.
- Take your thoughts captive daily. Regret often returns as unwanted.
- Recognize the trap – interrupt the cycle – replace the lie.

John 3:19-21

1 John 1:9

4. Trust God to redeem it.

- God promises to work all things – even the deepest mess!
- Walk in new identity; your past actions do not define your current spiritual identity.
- Move forward – use your clean slate to serve God and others!

Romans 8:28

Romans 8:1