



# **GUILT. REGRET. STARTING OVER.**

**WHEN THE PAST IS REAL - BUT SO IS GRACE.**

**PESTER THE PASTOR RESOURCE**

# YOU CAN'T UNDO IT.

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Some regrets are small.  
Some change everything.

**BUT YOUR PAST  
DOESN'T GET  
THE LAST WORD.**

There is still truth to face,  
grace to receive, and a life to  
live.



# WHO CLICKS THIS BUTTON?

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- **The person who made a decision they cannot stop replaying.**
- **The spouse or parent who knows they hurt somebody they love.**
- **The Christian who believes God may forgive them - but they cannot forgive themselves.**
- **The person living with consequences that cannot simply be erased.**
- **The one asking: "What do I do with the rest of my life?"**

# FIRST: TELL THE TRUTH.

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No minimizing.  
No rewriting.  
No blaming everybody else.

Healing starts when you can  
say:

"This happened.  
This is what I did.  
This is what it cost."



**BREAK WITH DENIAL.**

# GUILT IS NOT THE SAME AS SHAME.

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**GUILT:** "I DID SOMETHING WRONG."

**SHAME:** "I AM SOMETHING WRONG."

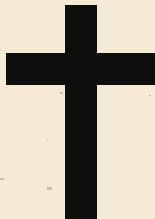
Guilt can lead you toward confession and repair. Shame tries to convince you that redemption is for everybody except you.

# GRACE ISN'T PRETENDING IT WAS OKAY.

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Grace does not call wrong right.

It tells the truth about sin  
without declaring the sinner  
beyond hope.



**GRACE MEETS US HERE.**

# WHAT CAN YOU MAKE RIGHT?

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- **Tell the truth.**
- **Apologize without defending yourself.**
- **Make restitution where you can.**
- **Respect the other person's boundaries.**
- **Accept consequences you cannot erase.**



**REPAIR WHAT YOU CAN.**

# AND THEN THERE ARE THINGS YOU CAN'T FIX.

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You may not get the relationship back.

You may not recover the years.

You may not be able to remove every consequence.

## ACCEPTANCE IS NOT APPROVAL.

It is refusing to spend the rest of your life trying to rewrite a page that has already been written.

# STARTING OVER IS NOT STARTING FROM NOTHING.

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You bring lessons.  
You bring scars.  
You bring wisdom.  
You bring a clearer view of  
what matters.



**NEW GROWTH IS STILL GROWTH.**

# THE NEXT RIGHT STEP.

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- 01** OWN WHAT IS YOURS.
- 02** ASK FORGIVENESS WHERE APPROPRIATE.
- 03** RECEIVE GRACE INSTEAD OF SELF-PUNISHMENT.
- 04** LEARN WHAT THE FAILURE CAME TO TEACH.
- 05** DO THE NEXT FAITHFUL THING.

# YOU ARE MORE THAN YOUR WORST DAY.

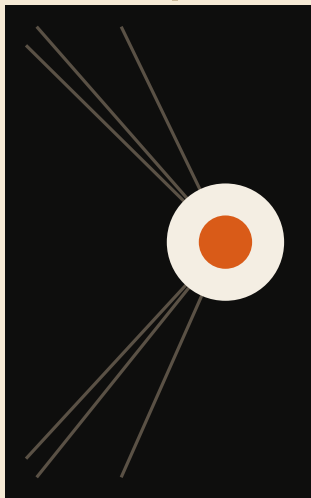
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Your failure may be part of  
your story.

It does not have to become the  
title of your story.

**KEEP WALKING.**

**THE LIGHT IS STILL AHEAD.**



# YOU DON'T HAVE TO CARRY IT ALONE.

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Sometimes the next faithful step  
is simply telling the truth to  
someone safe.

**A CONVERSATION  
CAN'T CHANGE  
YESTERDAY.**

**It can change what you do tomorrow.**





# YOUR PAST MATTERS. SO DOES YOUR FUTURE. **GRACE GETS THE LAST WORD.**

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If guilt, regret, or the consequences of your choices  
have left you wondering whether there is a way forward,  
let's talk.

[pesterthepastor.org](http://pesterthepastor.org)