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# Starting Over: Your Life Beyond Regrets



## Synopsis

I wish I had loved more. | I wish I had been smarter about money. | I wish I had thought about God more. | We all have regrets about the past. Many of them come from our attempts to fulfill unmet longings. Dave and Jon Ferguson call this back and forth between longing and regret the Sorry Cycle and they want to help us escape it. In Starting Over, Dave and Jon show us how to recognize specific regrets and then release them to God as we learn to see our regrets as opportunities to start over. Finally, we can see God redeem our regrets as he takes the worst things in our lives and uses them for a greater good. Your regrets don't need to keep you from the joy God has for your life. As you apply the recognize-release-redeem process to your financial, relational, and personal regrets, you will find new freedom in living out your God-given dreams. Fall in Love with Your Regrets It sounds impossible. How can we learn to love our mistakes? Instead, we go over and over them in our mind. Could they ever bring us or anyone else good? Drawing from scientific research and biblical truths, Jon and Dave Ferguson give us tools to redeem our mistakes in five key areas: relationships, health, purpose, finances, and spirituality. Along the way, they teach us lifelong skills for getting unstuck when regret threatens to trap us again. We also learn how to help others escape the Sorry Cycle and experience the Starting Over Loop. It is possible to learn to love our regrets because through them we see God at work. We see that our weakness does not limit what God can do. Whatever regret is trapping you in the Sorry Cycle, God is big enough to redeem it. What could you do with a life beyond regret? From the Hardcover edition.

## Book Information

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## Customer Reviews

Dave and Jon have done it again! They are insightful writers who blend theology, humor, and practicality into an easy-read. Their book "Finding Your Way Back to God" was a life-changing book for me, and this one was a fantastic next step. This book takes you through the "Sorry Cycle" of longing and regret. You will be able to recognize what your regret is, learn how to release it, and take the steps necessary to let God redeem it. It's powerful and practical with entertaining story-telling and insight. I highly recommend it!

Finding Your Way Back to God: Five Awakenings to Your New Life

Regrets. You've had a few... we all do. But how many of us really do anything about them? Well, there is good news for all of us in Dave and Jon Ferguson's new book **STARTING OVER: Your Life Beyond Regrets**. You'll find a clear path to actually identifying and owning those nagging, defeating "what if's" of your life. Better yet, you'll discover how to do just that... to start over and find new freedom in living out your God-given dreams. Don't put it off any longer-- get a copy of **STARTING OVER** today... and see how God can change your life!

Jon and Dave are two men who are truly concerned with helping to make the lives of others better. This book is just another example of them using their gifts and talents to benefit people. In addition to being outstanding authors, Jon and Dave are excellent examples of living an authentic Christian lifestyle and can help you get closer to the life God has planned for you.

As a church planter and lead pastor for over 14 years, I totally agree with Dave and Jon in this book that a HUGE amount of people get stuck and paralyzed by their deep sense of regret! Through the years, I have counseled people in this area more than any other. Even my own mother had a terrible time moving past the 'sorry cycle' that Dave and Jon describe in this regret mode. I love how Dave and Jon keep directing God's people to get back to the basic teaching of the Gospel message (just like the apostle Paul did in the book of Romans, chapter 1.) It's simple and yet so very deep at the

same time! Regret is one of the biggest stumbling blocks that all of us face - and sadly, it keeps many people from growing into the fully devoted followers of Christ that our God created us to become! Our church is planning on doing an outreach series using this book in Easter 2017! I am looking forward to seeing MANY baptisms following this series just as we did MANY following the "Finding Your Way Back to God" series based on their previous book! Thanks Dave and Jon - for being obedient to God in writing this book!

Highly recommend this new book Each book they write is helpful in building our relationship with God Lane

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