



Starting Over: Your Life Beyond Regrets

Dave Ferguson, Jon Ferguson

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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 and failures? 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?

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Roberta Granger:

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