

**Speaker: Associate Pastor David Seah**  
**Title: Rebounding**  
**Text: Luke 22:60-62**

Luke 22: 54-62 (Msg):

54 Arresting Jesus, they marched him off and took him into the house of the Chief Priest. Peter followed, but at a safe distance.

55 In the middle of the courtyard some people had started a fire and were sitting around it, trying to keep warm.

56 One of the serving maids sitting at the fire noticed him, then took a second look and said, "This man was with him!"

57 He denied it, "Woman, I don't even know him."

58 A short time later, someone else noticed him and said, "You're one of them." But Peter denied it: "Man, I am not." 59 About an hour later, someone else spoke up, really adamant:

"He's got to have been with him! He's got 'Galilean' written all over him."

60 Peter said, "Man, I don't know what you're talking about." At that very moment, the last word hardly off his lips, a rooster crowed.

61 Just then, the Master turned and looked at Peter. Peter remembered what the Master had said to him: "Before the rooster crows, you will deny me three times." 62 He went out and cried and cried and cried.

Regret is a common experience.

## **I. The Effects of Regret**

### **a. The Fear That Paralyzes**

1. Fear fools us into thinking that we have good reasons not to change;
2. Fear persuades us to do less than what we are capable of;
3. Fear causes indecisiveness and confusion;
4. Fear fuels our unhealthy habits and behavior problems.

### **b. The Guilt That Grips**

1. Unresolved guilt affects us physically – sickness, restlessness and exhaustion;
2. We become vulnerable to depression, anger and self-pity;
3. It impacts our relationships negatively – we become irritable, withdrawn and angry;
4. Our relationship with God is hindered – we feel dry, unable to pray and lose desire for fellowship.

Be set free from fear and guilt!

## II. The Rebounding

John 21: 1-2 –

After this, Jesus appeared again to the disciples, this time at the Tiberias Sea (the Sea of Galilee). This is how he did it: Simon Peter, Thomas (nicknamed "Twin"), Nathanael from Cana in Galilee, the brothers Zebedee, and two other disciples were together. Simon Peter announced, "I'm going fishing."

### a. Reflect – The Pattern

Peter went back to fishing. There is the possibility that Peter went back to the familiar place to recapture those moments when he encountered Jesus:

- the impact when Jesus called him to fish men;
- the sense of awe when he witnessed Jesus walked on water;
- the admiration when he saw Jesus calmed the storm.

We need to reflect on the pattern in which we made the mistakes.

How did we commit such sins?

- Is it pride?
- Is it unresolved anger?
- Is it wrong mindset?

Self-reflection, to be beneficial, must be accompanied with the reading of God's Word.

### b. Refocus – The Perspective

John 21: 4 (Msg) –

The rest of them replied, "We're going with you." They went out and got in the boat. They caught nothing that night. When the sun came up, Jesus was standing on the beach, but they didn't recognize him.

John 21: 10-18 (Msg) }

- Jesus said, "Bring some of the fish you've just caught." Simon Peter joined them and pulled the net to shore – 153 big fish! And even with all those fish, the net didn't rip.

12 Jesus said, "Breakfast is ready." Not one of the disciples dared ask, "Who are you?" They knew it was the Master. 13 Jesus then took the bread and gave it to them. He did the same with the fish.

14 This was now the third time Jesus had shown himself alive to the disciples since being raised from the dead. 15 After breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" "Yes, Master, you know I love you." Jesus said, "Feed my lambs."

16 He then asked a second time, "Simon, son of John, do you love me?" "Yes, Master, you know I love you." Jesus said, "Shepherd my sheep."

17 Then he said it a third time: "Simon, son of John, do you love me?" Peter was upset that he asked for the third time, "Do you love me?" so he answered, "Master, you know everything there is to know. You've got to know that I love you." Jesus said, "Feed my sheep."

Jesus refocused Peter's perspective on his position in Christ and his calling.

Peter realised that his life is about loving Jesus.

### **c. Reprioritise – The Price**

We have to pay a price to reprioritise. To some, it may mean:

- Apologize
- Make right the wrong
- Stop it, avoid it or throw it!

Discipleship has a price. Luke 14:25-27 (Msg):

25 "One day when large groups of people were walking along with him, Jesus turned and told them,

26 "Anyone who comes to me but refuses to let go of father, mother, spouse, children, brothers, sisters—yes, even one's own self!—can't be my disciple.

27 Anyone who won't shoulder his own cross and follow behind me can't be my disciple."

John 8:31& 32 (Msg):

31 Then Jesus turned to the Jews who had claimed to believe in him.

"If you stick with this, living out what I tell you, you are my disciples for sure.

32 Then you will experience for yourselves the truth, and the truth will free you."

Some never found freedom because they never repented.

True repentance finds God. All others seek to find temporary relief.

### **Conclusion**

The restoration of Peter in Acts 2:14, 41, 42:

Acts 2: 14 - That's when Peter stood up and, backed by the other eleven, spoke out with bold urgency: "Fellow Jews, all of you who are visiting Jerusalem, listen carefully and get this story straight.

Vs 41, 42 - That day about three thousand took him at his word, were baptized and were signed up. They committed themselves to the teaching of the apostles, the life together, the common meal, and the prayers.

Peter fearlessly proclaimed the Gospel.

He was set free from fear & guilt.

He relied on the Holy Spirit's anointing.

Peter's rebounding has far-reaching effects that strengthened the Church and advanced God's Kingdom.