

## **"The Top Five Regrets of the Dying"**

In her book titled "The Top Five Regrets of the Dying," Australian nurse Bronnie Ware shares insights gathered from years of caring for patients nearing the end of their lives. Ware compiled the most common regrets expressed by these individuals. Her findings reveal that those on their deathbed rarely lament not earning more money, living in a better house, or improving their golf handicap.

**Firstly**, many regret not living a life true to themselves, instead of the life others expected of them. Caught up in pursuing a life deemed successful by societal standards, they failed to live according to their own values and desires.

**Secondly**, not spending enough time with family is a common regret. Particularly men regretted being too busy with work to enjoy moments with their young children or to cultivate a warm relationship with their spouse.

**Thirdly**, many wished they had been more open about their feelings. Fearing conflict or rejection, they suppressed their true emotions, sometimes to the detriment of their health.

**Fourthly**, neglecting old friendships is a regret shared by many. As life draws to a close, the yearning to reconnect with past friends emerges, often compounded by the sad realization that contact information has been lost.

**Lastly**, there is regret over not living life more boldly. The pursuit of safety and stability led to a life of routine and aversion to risk, leaving them wishing they had embraced more change and adventure.

Reflecting on Ware's insights, it's evident that being part of a healthy church could potentially mitigate these regrets. A healthy church community encourages living a meaningful life, openly sharing struggles, seeking solutions together for family issues, forming supportive friendships, and making brave decisions with the support of communal prayer. This nurturing environment can satisfy the longing for a life without regrets by fostering a sense of belonging, purpose, and support. I earnestly pray that our church, El Estero, embodies these values, and I hope you'll join me in this prayer, wishing for our church to be a place where no one has to face such regrets at the end of their journey.