

Lesson 9: Is My Sorrow Godly?

Text: 1 Samuel 15:20-30

Truth 1: We need to understand the importance of sorrow:

- Sorrow is the natural response that we feel within to the various challenges and failures we experience in a fallen world.
- Sorrow is an important emotional that we should expect to experience on a regular basis.
- Sorrow can be used by God to accomplish good in us.
- Sorrow can be used by Satan to cripple us and cause us to become essentially paralyzed in our Christian walk.
- If we rarely feel sorrow, then we are likely dealing with some form of self-deception, because we sin daily and are constantly in need of forgiveness and restoration to fellowship with God and others.
- The presence of sorrow and then the absence of sorrow do not necessarily mean that we have properly dealt with the root cause of our sorrow.

An example of a godly sorrow being used as a tool by God to accomplish good: Matthew 5:3-8

- **Confrontation with truth 5:3:** Blessed are the poor in spirit...
- **An emotional response to properly understood truth 5:4:** Blessed are they that mourn...
- **A humble disposition 5:5:** Blessed are the meek...
- **A spirit-filled appetite 5:6:** Blessed are they which to hunger and thirst after righteousness...
- **A spirit-filled disposition 5:7:** Blessed are the merciful...
- **Godly character 5:8:** Blessed are the pure in heart...

Case 1: Peter: Godly sorrow leads to repentance and restoration **Matthew 26:74-75; John 21:12-17**

Case 2: Judas The sorrow of this world produces death **Matthew 27:4-5**

Truth 2: We need to understanding Worldly sorrow:

Defined: Worldly sorrow is genuine emotional grief about circumstance in which one has sinned, but that does not lead to Biblical repentance and restored fellowship to God and His people.

- **It may say the right things, but only to a certain point: 15:24-25**
- **It will always bring excuses: 15:24**
- **It will always shift the blame: 15:24**
- **It will often involve genuine emotional grief: 15:27**
- **It should not be accepted as genuine repentance: 15:26, 28-29**
- **It will always be more concerned with the way it is seen than the way they actually are: 15:30**

Truth 3: We need to understanding Godly sorrow:

Defined: Godly sorrow is genuine emotional grief about circumstance in which one has sinned, that leads to Biblical repentance and restored fellowship to God and His people.

Example of Paul's instruction regarding church discipline and their immoral church member:

Paul's first instructions: 1 Corinthians 5:1-8

Paul's follow-up: 2 Corinthians 7:8-10

- It will lead to a radical change of thinking based upon truth.
- It will ultimately lead to rejoicing in the light of grace and restored fellowship
- It should not lead to further regrets.
- It should produce the fruit of diligence to fight against the sin that caused the sorrow.
- It should produce a diligence to make the matter right to the extent the situation demands.
- It should produce a humble fear of God that makes one very careful in His Christian walk.
- It should produce an intense and godly hatred for the sin committed.

Truth 4: We need to understand how God brings us to repentance:

- **Tool 1: The Word: Psalm 119:9, 11**
- **Tool 2: The Local church: Hebrews 10:24-25**
- **Tool 3: His Fatherly Discipline: Hebrews 12:10**
- **Tool 4: The withdrawal of the Church's Fellowship: 1 Corinthians 5:1-8**

Truth 5: We need to make some practical applications in light of these texts:

- World sorrow is one of Satan's greatest tools that keep people in the bondage of self-deception.
- Do not be fooled by the self-deception of worldly sorrow.
- Deal with sorrow biblically by allowing the word of God to change your thinking, and finding comfort in the sufficiency of Christ's work on the cross.
- Rejoice in God's grace extended to us in Christ when He humbles you, causing you to sorrow over your sin, and leading you to repentance, restoration, and a renewed joy in the Lord.

Conclusion: