

# Active Ingredients of Godly Sorrow

## Introduction:

### 2 Corinthians 7:8-11

1. **In this passage, Paul points out that godly sorrow is different from the sorrow of the world.**
2. **Godly sorrow is a good thing – it is an unpleasantness that we need more of in our lives and not less!**
3. **What are the active ingredients that make up this important thing called godly sorrow?**

## Acknowledgment of Sin

Prov 28:13 He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

1. **There is a value in what we commonly call a “public confession” of sin, at times even when such would not be thought required from a strictly legal standpoint.**
2. **The person who sees his sin for what it is and truly wants to be liberated from it welcomes the healing benefit of light – he does not run away from “exposure.”**

John 3:19-21 And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. But **he who does the truth comes to the light, that his deeds may be clearly seen**, that they have been done in God."

3. **The tendency is for us to rationalize our actions or minimize the seriousness of our wrongdoing.**

4. **The person whose sorrow is of the godly sort does not hide his sin or make excuses for it – he openly and honestly admits his wrongdoing, **taking responsibility** for what has been done.**

2 Sam 12:13 So David said to Nathan, "I have sinned against the LORD...."

## **Hatred of the Sin Itself**

1. **Godly sorrow is more than mere embarrassment, self-pity, or fear of the consequences of sin.**  
**Psalms 51:1-4**
2. **We need a deeper, more serious understanding of the horribleness of sin and the offense to God that it is!**
3. **The bottom line is this: We NEED to see sin — especially our own as God sees it!**
4. **A thoughtful study of Psalms 38 shows what penitence is.**  
**Psalms 38:1-8**

## **Shame**

1. **Contrary to what we hear in our culture, shame is not an inherently bad thing. Some deeds truly are shameful.**
2. **The prodigal son only took action for the better when he came to his senses and saw the shamefulness of what he had done**  
**Luke 15:17-21**
3. **One difference between the Pharisee and the tax collector was that the tax collector was ashamed of his sins.**  
**Luke 18:9-14**

## Remorse

1. **Goodly sorrow is grief that is good. It involves a healthy heartache.**
2. **By definition, godly sorrow is the anguish of soul which realizes it has offended God's holiness and purity.**
3. **In the Old Testament, godly sorrow was often outwardly expressed in deep grief.**
  - A. **Weeping (Psalms 6:6)**
  - B. **The tearing of the garment (Ezra 9:1-3)**
  - C. **Falling with their face to the ground (Numbers 14:5)**
  - D. **Sackcloth and ashes (Daniel 9:1-6)**
  - E. **Fasting**

**1) However, consider what was recorded in Joel:**

Joel 2:12-13 "Now, therefore," says the LORD, "Turn to Me with all your heart, With fasting, with weeping, and with mourning." So rend your heart, and not your garments; Return to the LORD your God, For He is gracious and merciful, Slow to anger, and of great kindness; And He relents from doing harm.

4. **The Lord is near to those who have a broken heart, and saves such as have a contrite spirit (Psa 34:18).**
5. **The JOY of forgiveness is in proportion to the depth of our sorrow for sin.**

Ps 32:1-2 Blessed is he whose transgression is forgiven, Whose sin is covered. Blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit.

## Humility

1. **Pride is at the heart of most sin.**
2. **It is no coincidence that godly sorrow and humility go together.**  
**James 4:8-10**

## Conclusion

1. **God promises relief to those who sorrow in a godly way**  
**Isaiah 61:1-3**
2. **There are three prerequisites for godly sorrow:**
  - A. **A healthy conscience**
  - B. **A love for God**
  - C. **Honesty about the truth**
3. **Godly sorrow is important because it leads to repentance — without which forgiveness cannot be enjoyed (Luke 13:3).**
4. **God’s blessing is promised to those who “mourn”**

Matt 5:4 Blessed are those who mourn, For they shall be comforted.

- A. **God is ready to comfort you this very hour. True repentance is exhibited in godly sorrow. Won’t you come to God now, confessing your sins, so that you can be forgiven?**

## Invitation:

**Place:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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*Richard Thetford, December 2002, based on a sermon by Gary Henry*