

Understanding Godly Sorrow and Finding Freedom

Key Verse: *"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death."* 2 Corinthians 7:10 (NIV)

1. The Problem: Why Can't I Forgive Myself?

- Our feelings are _____ and will deceive us. (1 John 1:9)
- True freedom comes not from self forgiveness but from understanding God's forgiveness and the difference between two types of sorrow.

2. Two Types of Sorrow

Worldly Sorrow	Godly Sorrow
Focus: Self (shame, consequences, embarrassment)	Focus: _____ (grieving the heart of God)
Leads To: Despair, spiritual death, and self-reliance (Judas)	Leads To: _____, salvation, and a transformed life (Peter)
Result: _____	Result: Leaves no regret (2 Cor. 7:10)

3. The Characteristics of Godly Sorrow (2 Corinthians 7:11)

It produces in us:

- Earnestness
- Eagerness to clear yourself
- Indignation (toward sin)
- Alarm
- Longing
- Concern
- Readiness to see justice done

4. A Model for Us: David's Prayer in Psalm 51

Use Pastor Todd's method to study Psalm 51 on your own:

- **Who is God?** (He is merciful, forgiving, compassionate...)
- **How did David feel?** (Guilty, broken, ashamed...)
- **How can I apply this?**
 - Recognize and confess my sin.
 - Ask God to restore my joy.
 - Praise God even in the pain.
 - Remember God values a _____ and a _____ heart (Psalm 51:17).

5. "How To": The Practical Step to Freedom

When guilt condemns you, agree with God's truth out loud Prayer:

"Yes, that was a sin. But Your Word says that if I confess my sins, You are faithful and just to forgive me and to purify me from all unrighteousness (1 John 1:9). You have forgiven it. You have purified me. Therefore, I release this guilt and I agree with Your verdict over my life, which is FORGIVEN."

Final Thought: *Today, let go of the sin that grieves your heart. Forgive yourself because God already has.*