Two Kinds of Sorrow

I. WELCOME, 15 mins.
Plan one to two icebreakers for the purpose of mixing around and getting group participation or getting acquainted.

II. WORSHIP, 20 mins.
Prayerfully choose a few songs to lead people into God’s presence. During this time, cell leaders will encourage cell members to listen to the Holy Spirit and release the words of strengthening, encouragement, and comfort they have received for the cell group, the church and nations. Upon each word shared, the cell leader will lead members by thanking and praising God for His promise and/or praying aloud together for the needs, etc.

During this time, the cell leader will also lead the group to pray aloud for: (1) the mission organization or daughter church that the cell group adopts (2) the church ministry needs (3) blessings for new comers, the sick.

MISSION ORGANIZATION: __________________, their needs: ________________
(Please contact the church if you don’t know the needs of the mission organization.)

CHURCH MINISTRY:

III. WORD, 45 mins.
A. Sharing from last Sunday’s message.
1. What is the main message from last Sunday sermon? What did God say to you from the message?
2. How would you respond to the message? What action will you take after listening to the message?

B. Discussion Topic: “Two kinds of sorrow”

Scriptures: 2 Corinthians 7:1-16
Memory Verse: Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. (2 Cor. 7:10 NIV)

A. Contrast between Godly Sorrow and ungodly sorrow:

- With Godly Sorrow, I look to God. With Ungodly Sorrow, it’s all about me.
- When we let Godly Sorrow point us to Jesus, we see that He wants to bring hope and new life to us. The work of Ungodly Sorrow aligns us with the enemy who wants to bring discouragement, despair and death.
- With Godly Sorrow, we know that Jesus was the innocent victim who suffered in our place that we might life victoriously. Ungodly Sorrow has us living in perpetual victimization. We are living in the wrong place.
- Godly Sorrow has us hiding in Christ, where we are strengthened and healed.
- Ungodly sorrow has us hiding in our own place of suffering
- Godly Sorrow has us stretch out our hand to God, in surrender, saying “Come, help and heal me”
- Ungodly Sorrow has us raising a clenched fist at God saying “Why me, why me, why me?”
- Godly Sorrow has us crying out to God, pouring our heart out to Him, and running to Him for healing and help.
- Ungodly Sorrow has us complaining to man and running from person to person with tales of hurt, pain and woe.
- Godly Sorrow Turns us to Jesus: His suffering, His death, His resurrection, how he bore it all to bring us salvation, hope and healing.
- Ungodly sorrow has us focus on ourselves: my suffering, my pain, my disappointment, my misery.
- With Godly Sorrow, any pity we fell is for Jesus and what He had to suffer although he was guiltless.
- With Ungodly Sorrow we are full of self-pity saying “poor me” and “why me?”
- When we turn to God in our pain with Godly Sorrow, he brings us true solace through the Holy Spirit who is the True Comforter.
- When we don’t go to God, the enemy brings ungodly sorrow as a false comforter. The false comfort of ungodly sorrow brings death to hope, death to relationships and death to healing.
- Godly sorrow allows God to show us sin our life for which we need to repent and receive and forgiveness and cleansing. We may need to forgive ourselves or another person as part of the repentance so that Godly Sorrow can work. We may need to “repent for blaming God” for our loss of our problems and “forgive Him” in our hearts.
- Ungodly Sorrow loves to blame God and others for the bad things that have happened to us, rather than have us see the sin our life, our relationships or in our past generations has opened the door for the enemy to come and execute the curse of the law in our lives.
- **Godly Sorrow** will lead us to the grace of God and to honestly forgive the person or persons that injured us, recognizing that they too were controlled by sin and need repentance and forgiveness, just as we do. **Godly sorrow** recognizes that we cannot be forgiven of God if we do not forgive (Mark 11:25-26, Luke 11:4).

- **Ungodly Sorrow** wants justice for the perpetrator, not realizing that if we all receive justice, we all die in our sins and there is no redemption and no hope.

- **Godly Sorrow** will bring healing as we turned to God.

- **Ungodly Sorrow** can actually be an open door for sickness. Hanging out with Ungodly Sorrow depletes your immune system and weakens your body’s ability to fight off disease as God intended it to.

- It’s ok to cry. God puts our tears into His bottle (Psalms 58:8). Tears of **Godly Sorrow** take us into repentance of any sin; God shows us and hope for the future. There is a cleansing that comes with tears of **Godly Sorrow**. Tears of **Ungodly Sorrow** are laden with self pity and hopelessness. They don’t lead to repentance or hope. They actually lead to death. Isaiah prophesied of what Jesus was going to come to do in Isaiah 61. He said Jesus was being sent to bind up the brokenhearted, set the captives free, comfort all that mourn, give the oil of joy for mourning and the garment of praise for the spirit of heaviness. In Luke 4:18 Jesus himself said that He was anointed to heal the brokenhearted and to set at liberty them that are bruised.

- **Godly Sorrow** will put us in a place to receive all the healing and joy that Jesus came to bring us and allow us to praise Him for His goodness and mercy.

- **Ungodly Sorrow** will have us saying, “I’m just too entrenched in my pain to receive all the good gifts You came to give me… I’d rather complain about the problems than put on the oil of joy and the garment of praise that you came to give me.”

**B. BASIC MEANING OF REPENTANCE:** The basic meaning of the word, “repentance” is a change in heart and mind which results in a change in outward actions. Some people associate repentance with emotions, like shedding tears and feeling sorry for wrong actions and thoughts. Repentance is not emotion. It is a decision. Emotions sometimes accompany true repentance. But it is possible for a person to feel great emotion and to shed many tears, but to never truly repent. Likewise it is possible that a person may not shed many tears, but truly makes a lasting deep decision in the heart to turn from their ways and towards God.

Other people may associate repentance with meeting special religious requirements. It is possible to do many religious acts and yet not repent in the true Biblical sense.

1. **True repentance** is a change of the heart and mind that results in a change in outward actions. Outward change is the act of turning away from sin towards God and righteousness. This “turning away” shows the inward change of heart and mind that has occurred.

   - **Repentance is not the same thing as regret.** Repentance is not merely being sorry for sin. True Repentance and Godly Sorrow leads to reconciliation with God, life and peace.

   - **Repentance is not merely being sorry for sin.** While Godly Sorrow produces repentance, sorrow alone is not a change of heart and mind. There are fruits that show repentance (Matt 3:8; Acts 26:20). Some think that because they have walked down an isle confessing sin, or have given their hand to the preacher in sorrow they have repented. True repentance is more than merely being sorry, it is a turning of the heart towards God and towards Righteousness.

   - **Repentance is not simply stopping the wrongdoing.** While repentance demonstrates itself in the fact that a person ceases to do evil, it also means that one turns his heart to the Lord and embraces His will completely. There are those who sweep the house clean but do not fill their lives with the Lord. (Matt 12:43-45). One may cease to do evil, but real repentance means that one’s heart is now humbled, broken, honest, open, accepting and willing to learn more and more about Jesus and his commandments.

**Discussion Questions:**

1. **Can you identify the sorrow you have is godly or ungodly? How can you turn your ungodly sorrow to godly sorrow?**

2. **What kinds of godly sorrow do you have right now in your life? What kind of effect does it have in your life?**

3. **Have you ever experienced the power of repentance? Please share your Experience with the group?**

**IV. WORK (Pray for each other), 10 mins.**

Please break into group of 2 or 3 to pray for each other’s needs.