

Living Guilt Free  
2 Corinthians 7:9-10  
Healthy Living Week 4

If you want to change your habits, let God change your heart.

*“... yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended ... <sup>10</sup>Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.”* - 2 Corinthians 7:9-10 NIV

**Godly Sorrow → Repentance → Salvation**  
**Worldly Sorrow → Remorse → Spiritual Death**

We tend to \_\_\_\_\_ others and \_\_\_\_\_ ourselves.

Changing the \_\_\_\_\_ doesn't change the \_\_\_\_\_.

*“For everyone has sinned; we all fall short of God’s glorious standard.”* - Romans 3:23 NLT

Until you see yourself as a \_\_\_\_\_, you won't see your need for a \_\_\_\_\_.

\_\_\_\_\_ is not the same as repentance.

\_\_\_\_\_ your sin is the first sign your heart is growing cold.

\_\_\_\_\_ quickly.  
Repent \_\_\_\_\_.

*“Don’t you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can’t you see that his kindness is intended to turn you from your sin?”* - Romans 2:4 NLT

**Digging Deeper & Life Application:**

- Read 2 Corinthians 7:9-10... What are some ways that Godly sorrow is different than worldly sorrow?
- Talk about some of the dangers that come with rationalizing sin. How could this have a negative impact on your relationship with God and others?