

HABITS OF A Healthy Heart

Habits of a Healthy Heart—4

Get Rid of Your Guilt

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



SCRIPTURE

... 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 ... ¹⁰Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

2 Corinthians 7:9-10 NIV



THEOLOGY COMPARISON

Godly Sorrow → Repentance → Salvation

Worldly Sorrow → Remorse → Spiritual Death



KEY CONVICTIONS



We tend to accuse others and excuse ourselves.

Woe to those who call evil good ...
Isaiah 5:20 NIV



Changing the wording doesn't change the sin.

For everyone has sinned; we all fall short of God's glorious standard.
Romans 3:23 NLT



Until you see yourself as a sinner, you won't see your need for a Savior.



Remorse is not the same as repentance.



Rationalizing your sin is the first sign your heart is growing cold.



Confess quickly.

Repent wholeheartedly.



If we confess our sins, [God] is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 NIV



"Blessed are those who mourn, for they will be comforted."
Matthew 5:4 NIV



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



TALK IT OVER

1

Read 2 Corinthians 7:9-10. What are some ways godly sorrow is different than worldly sorrow?

2

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?

3

Do you need to confess and repent because of a current sin in your life? Use this time to talk about that with your LifeGroup, and then spend time praying together.



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www.go2.lc/simplify