

Habits of a Healthy Heart— Get Rid of Your Guilt

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 ... ¹⁰Godly 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 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

Read **2 Corinthians 7:9-10**. What are some ways 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?

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.