

Understanding Sorrow

I. _____ Sorrow (**Proverbs 13:12, Roman 12:15, John 11:1-44**) – a sadness of the soul due to one experiencing the disappointments of life, the difficulties of life, or the death of a loved one. For example:

- A. One has a sadness of heart as a result of unmet expectations yet there is no corresponding sin with that sadness.
- B. One has a sadness of heart as a result of experiencing tragedy in their lives or being mistreated by others, yet there is no corresponding sin with that sadness.
- C. One has a sadness of heart as a result of experiencing the death of someone they were attached to yet there is no corresponding sin with that sadness.

II. _____ Sorrow (**Philippians 2:14-15, 1Thessalonians 5:15**) – a sadness of the soul created by one grumbling or complaining about their circumstances. For example:

- A. One does not like and is unwilling to accept what God has allowed in the circumstances, so one complains about it creating a sadness of soul.
- B. One is unwilling to accept that people are not operating as they would like them to, so one complains about it creating a sadness of soul.
- C. One is unwilling to accept the difficulties in life, so one complains about it creating sadness of soul.

III. _____ Sorrow (**Romans 2:14-15, 1Samuel 24:1-5, 2Samuel 24:10**)- a sadness of soul as a result one's conscience bringing about guilt due to some act(s) of sin in one's life. For example:

- A. One has been thinking in a sinful manner resulting in the conscience bringing about guilt in one's heart leading to a sadness of soul.
- B. One has been talking in a sinful manner resulting in the conscience bringing about guilt in one's heart leading to a sadness of soul.
- C. One has been living in a sinful manner resulting in the conscience bringing about guilt in one's heart leading to a sadness of soul.

IV. _____ Sorrow (**Genesis 4:1-14, 2Corinthians 7:10**)- a sadness of soul as result of regret over the consequences of sin choices ultimately leading one to death because of a lack of repentance. For example:

- A. One is sorrowful about what is going to happen to him/her as a result of the sin.
- B. One is not focused on how their sin has dishonored God or damaged others.

- C. Since there is no change of heart only grief about the issue, one experiences more complications, problems, pain and ultimately death because of the consequences of a continued life of sin.

V. _____ **Sorrow (2 Corinthians 7:10-11, Luke 18:9-14)** - a sadness of soul because one is broken over their sin against God. For example:

- A. One is grieved over how their sin has dishonored God.
- B. One is grieved over how they have brought sorrow to God because of their sin.
- C. As a result of grief over sin against God, one is wanting and moving towards making things right with God according to God's will and ways.

VI. _____ **Sorrow (Hebrews 12:11)** – a sadness of soul because one is experiencing the discipline of God leading to a product of righteousness in their living. For example:

- A. One is grieved as they experience the discipline of God producing righteousness in their thoughts, desires, motives.
- B. One is grieved as they experience the discipline of God producing righteousness in their communication, behavior, manner of life or manner of serving.
- C. One is grieved as they experience the discipline of God producing righteousness in their relationship patterns.