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# Sorrow

Mental suffering or pain caused by injury, loss, or despair.

## Two Kinds of Sorrow

*For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation; but the sorrow of the world produces death.*

2 Corinthians 7:10

Godly sorrow is according to the will of God, rendering the heart humble, contrite, submissive; disposed to mortify every sin, and to walk in newness of life.

Worldly sorrow is according to the will of the individual. It promotes great emotional distress over what has been lost or has happened. Often it causes men to do desperate things.

## REPENTANCE

A change of mind involving a turning from sin.

### Five Aspects of Repentance

**Regret:** To feel sorry, disappointed, or distressed about; look back with distress.

*When there is no regret, one feels self-acquitted.*

**Reform:** To improve by alteration, correction of error, or removal of defects; put into a better form or condition.

*When there is no reform, there is a strong likelihood the deed will be repeated.*

**Remorse:** Moral anguish arising from repentance for past misdeeds.

*Moral anguish is needed as a constant reminder of the seriousness of sin.*

**Repugnance:** Aroused disgust or aversion; offensive or repulsive.

*A strong repugnance keeps sin from appearing attractive again.*

**Restoration.** To bring back into existence or use; reestablish; to bring back to an original condition; to put (someone) back in a former position; to make restitution of; give back.