

Wednesday, September 9, 2026
Derek Kost

Essential Truth: *Godly sorrow turns us toward salvation, while worldly sorrow leaves us trapped in regret.*

Scripture: 2 Corinthians 7:10

“For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”

Observations:

- Sorrow from past actions tells us that relationships have been broken and sin is present.
- Sorrow with inward focus on oneself (worldly sorrow) can lead to ongoing despair.
- Sorrow with outward focus on your relationship with God and others (godly sorrow) results in repentance and transformation.
- Worldly sorrow pulls us towards ourselves and our sinful nature. Godly sorrow draws us closer to God and his salvation.

Application:

Grief and sorrow leave us with hearts full of regret that can lead to despair and shame. Peeling back the layers of this sorrow and examining the core of why we feel this way will often reveal personal desires for how things should be instead of submission to God's sovereignty over these concerns.

Looking through a lens of God's love reveals how the Father works in the sorrow to mold and shape our character over time and bring us to repentance. Ask God to transform continued personal regret into consistent reminders that He is working for our good, to sanctify us through sorrow and perseverance.

Prayer:

Heavenly Father, may our hearts be tuned to your will so that we can better understand your love for us. Help us to let go of our worldly sorrows and regrets and give them to you so that we may instead be reminded, through godly sorrow, that there is purpose in pain and hope in you.

