

Worldly Sorrow →

- **Is sorrow for being caught.**
- Is an unproductive and ineffectual remorse.
- Gives a fake apology, that may seem convincing.
- Exhibits tears/emotional displays to gain sympathy.
- Offers partial disclosures.
- Hates/avoids the uncomfortable consequences.
- Blame-shifts, justifies, minimizes, is defensive, gives excuses, makes demands, or manipulates.
- Resents or avoids accountability.
- Is impatient with the restoration process.
- Demands forgiveness and reconciliation.
- Shifts focus to the flaws & sins of others.
- Criticizes the disciplinary process.
- Obsess/wallows in guilt, shame, self-pity, or regret.
- Is outwardly compliant & jumps through the hoops.
- Has a continual longing for the “old life.”
- Brings condemnation, fear, hopelessness, & death.
- Expects those harmed to “get over it” or “move on.”
- Is cold & factual in acknowledgement of the sin.
- Is indignant at those who make too much of the problem or hold them accountable too long.
- Isn't concerned with the healing of those they've injured by their sin or expects healing to be overnight.
- Is unwilling to do the long-term work required to sustain change.
- Is fundamentally self-centered & rooted in pride.
- Grieves embarrassment suffered, reputation damaged, pain felt, privileges lost, or comfort compromised.
- Changes produced are shallow & temporary.
- Has no redeeming value.
- Feels entitled to quickly regain trust.
- **Has an unchanged (hardened) heart/bears no fruit.**

Godly Sorrow

- **Is sorrow for sinning against the Lord.**
- Is overwhelmed by the grief of breaking God's heart.
- Agrees with Scripture's indictment of their sin.
- Cultivates restoration of intimacy with God.
- Has a hatred for their sin & puts it to death.
- Eradicates habits that contributed to sin.
- Offers full disclosure/confession, for all that's been hidden, naming specific sin and the harm done.
- Accepts the righteous and natural consequences.
- Accepts full responsibility & ownership.
- Submits to the disciplinary process.
- Accepts that it takes time to rebuild trust.
- Understands reconciliation isn't always possible.
- Embraces godly counsel, rebuke, & accountability.
- Does not regret parting ways with sin.
- Is life-giving, producing hope, peace, joy, restoration, forgiveness, & comfort.
- Is faithful to the daily tasks God has given them.
- Produces a longing for the righteousness of God.
- Displays authentic self-reflection.
- Seeks forgiveness in a humble & gentle manner.
- Is patient with the restoration process.
- Exemplifies true humility, empathy, & love.
- Ceases to deny, minimize, justify, or blame-shift.
- Fiercely pursues doing whatever it takes, for as long it takes, to right all wrongs, when possible (restitution).
- Allows the victim to express intense emotions.
- Places total reliance on God to help them change.
- Prioritizes the victim's healing.
- Honors the victim's boundaries.
- Takes tangible steps that support change.
- Is visibly transformed (put off/put on).
- Roots out deep-seated faulty mindsets & beliefs.
- **Has a changed heart/bears fruit of repentance.**