

# HABITS OF A *Healthy Heart*

## Get Rid of Your Guilt

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<sup>8</sup> I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. <sup>9</sup> Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. <sup>10</sup> For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. **2 Corinthians 7:8-10 NLT**

**Godly Sorrow → Repentance → Salvation**

**Worldly Sorrow → Remorse → Spiritual death**

*But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.*  
**1 John 1:9 NLT**

*Wounds from a sincere friend are better than many kisses from an enemy.*  
**Proverbs 27:6 NLT**

### 1. Our problem with sin and guilt

- We tend to accuse others and excuse ourselves
- Spinning your sin doesn't change the sin

### 2. We need to see our own sin

- Until you see yourself as a sinner, you won't see your need for a savior
- Rationalizing your sin is the first sign that your heart is growing cold

*For everyone has sinned; we all fall short of God's glorious standard.*  
**Romans 3:23 NLT**

*God blesses those who mourn, for they will be comforted.*  
**Matthew 5:4 NLT**

*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**

### Next Steps:

- Ask God to bring healing and spiritual health to me as I mourn over my sinfulness (Matt 5:4)
- I repent of my sins today and am sorry for going against God's will in my life
- Pray and ask God to help me see my sins as he sees them (and to forgive me)
- Attend the final message of this series (or watch on our Youtube channel)
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