

# Living the Christian Life with No Regrets

2Corinthians 7:10-11

May 21, 2023

“When our Lord and Master Jesus Christ said, ‘Repent’ (Mt. 4:17), he willed the entire life of believers to be one of repentance.”

(Martin Luther, the first of his 95 Theses)

1. The **encouraging** walk of repentance (10)
  - a. Not a walk of shame\* or embarrassment
  - b. Not a walk of remorse, self-centeredness or self-pity
  - c. Steps to take **toward** God (cf. Acts 11:18; 20:21)
    - *Godly sorrow*—owning true guilt for wrongs done
    - *Repentance*—a change of mind and **action**
    - *Salvation*—God’s rescue from your enemy
    - *No regret*—no lingering bad **aftertaste**
  - d. Worldly sorrow ignores God and leads to a **dead** end
2. Recognizable results produced by godly sorrow (11)
  - a. **All** of these were true in the Corinthian church (11b)
  - b. Some of these are present in every church’s repentance
  - c. If none of these are present, then it’s **not** godly sorrow
    - *earnestness*—intention; seriousness; on **purpose**
    - *eagerness to clear yourselves*—making wrongs right
    - *indignation*— **irritated** at a situation (cf. Mk 10:14)
    - *alarm*—warning bells sounding (ex. the fear of God)
    - *longing*—earnest desire for restored **relationship**
    - *concern*—zeal; fervent spirit = “all fired up”
    - *punishment*— **justice** for the offender(s)

## On Your Own (better with others)

1. What insight, observation or principle from today’s sermon did you find eye-opening, troubling, or helpful?
2. *Agree/disagree*  
Repentance is like a spare tire, nice to have in case you need it, but not a necessary part of everyday Christian living.
3. READ Luke 15:1-10. What is the occasion for joy in heaven? Is this talking about someone’s initial decision to repent and find salvation in Christ, or about ongoing repentance?
4. READ Revelation 2:4-5 and 2:14-16 and 3:1-3 and 3:19-20. God calls churches, not just individuals, to repent. In what areas might God be calling our church to repent?
5. READ Isaiah 30:15. Are you currently resting and trusting in God? What interrupts your rest and trust in Him? Is there something you need to repent of? (It will leave no regret!)
6. READ AND DISCUSS Take time (about 10-15 minutes) to read the article on the shame cycle from Covenant Eyes. Be sure to read to the end “God’s Grace and Our Shame.”

\* <https://www.covenanteyes.com/2022/03/28/understanding-the-shame-cycle/>