

“The **Recipe** for True **Happiness**: Godly **Sorrow**”

Matthew 5:4

Message Title: “The **Recipe** for True **Happiness**: Godly **Sorrow**”

I. Godly Sorrow **Explained**

a. Godly Sorrow is **Sin Sourced**

1. Sin is a **Trespass** Against God

Psalm 51:4 “Against thee, thee only, have I sinned, and done *this* evil in thy sight:...”

2. Sin is **Removed** Only by God

2 Corinthians 5:18-19 “And all things *are* of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation; ¹⁹ To wit, that God was in Christ, reconciling the world unto himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation.”

3. Sin’s **Origin**

Romans 5:12-14 “Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned: ¹³ (For until the law sin was in the world: but sin is not imputed when there is no law. ¹⁴ Nevertheless death reigned from Adam to Moses, even over them that had not sinned after the similitude of Adam’s transgression, who is the figure of him that was to come.”

4. Sin’s **Affect**

b. Godly Sorrow is **Deep Grief**

Genesis 37:34-35 “And Jacob rent his clothes, and put sackcloth upon his loins, and **mourned** for his son many days. ³⁵ And all his sons and all his daughters rose up to comfort him; but he refused to be comforted; and he said, For I will go down into the grave unto my son mourning. Thus his father wept for him.”

Mark 16:10 “And she went and told them that had been with him, as they **mourned** and wept. ”

Revelation 18:11 “And the merchants of the earth shall weep and **mourn** over her; for no man buyeth their merchandise any more:”

Revelation 18:15 “The merchants of these things, which were made rich by her, shall stand afar off for the fear of her torment, weeping and wailing,”

c. Godly Sorrow is **God Centered**

Psalm 139:21 “Do not I hate them, O LORD, that hate thee? and am not I **grieved** with those that rise up against thee?”

Psalm 119:136 “Rivers of waters run down mine eyes, because they keep not thy law.”

II. Godly Sorrow **Enacted**

a. The **Exclusivity** of Comfort

b. The **Source** of Comfort

Psalm 30:5 “For his anger endureth but a moment; in his favor is life: weeping may endure for a night, but joy cometh in the morning.”

Psalm 50:15 “And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.”

Matthew 11:28-30 “Come unto me, all ye that labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. ³⁰ For my yoke is easy, and my burden is light.”

1. God’s People are Comforted by **Him**

Isaiah 55:6 “Seek ye the LORD while he may be found, call ye upon him while he is near:”

Micah 7:18-20 “Who is a God like unto thee, that pardoneth iniquity, and passeth by the transgression of the remnant of his heritage? he retaineth not his anger for ever, because he delighteth in mercy. ¹⁹ He will turn again, he will have compassion upon us; he will subdue our iniquities; and thou wilt cast all their sins into the depths of the sea. ²⁰ Thou wilt perform the truth to Jacob, and the mercy to Abraham, which thou hast sworn unto our fathers from the days of old.”

2. God’s People are Comforted by His **Word**

Romans 15:4 “For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope.”

3. God’s People are comforted by **Each Other**

2 Corinthians 1:6 “And whether we be afflicted, it is for your consolation and salvation, which is effectual in the enduring of the same sufferings which we also suffer: or whether we be comforted, it is for your consolation and salvation.”

2 Corinthians 7:13 “Therefore we were comforted in your comfort: yea, and exceedingly the more joyed we for the joy of Titus, because his spirit was refreshed by you all.”

2 Corinthians 13:11 “Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.”

III. Godly Sorrow **Exemplified**

IV. Godly Sorrow **Applied**

- a. We Must Have Godly Sorrow over the Sin’s of the **Lost**
- b. We Must Have Godly Sorrow over the Sin’s of the **Saved**
- c. We Must Have Godly Sorrow over the Sin’s of **Ourselves**