

- I. **Common Sorrow** (Proverbs 13:12, Job 1:13-22, 1 Peter 2:19, John 11:30-35, Romans 12:15) – a sadness of the soul due to one experiencing the disappointments of life, the difficulties of life, or the death of a loved one. For example:
- A. One has a sadness of heart as a result of unmet expectations, yet there is no corresponding sin with that sadness.
  - B. One has a sadness of heart as a result of experiencing tragedy in their lives or being mistreated by others, yet there is no corresponding sin with that sadness.
  - C. One has a sadness of heart as a result of experiencing the death of someone they were attached to, yet there is no corresponding sin with that sadness.

**Response:** One is to embrace the Sovereignty of God, the Wisdom of God, and the Love of God in this sorrow as one goes through it. The goal is not to hinder or stop this sorrow, but to accept that God has their best interest at heart and will use it to His glory and their good overall.

- II. **Chosen Sorrow** (Exodus 16:7-8, Numbers 14:1-2) – a sadness of the soul created by one grumbling or complaining about their circumstances. For example:
- A. One does not like and is unwilling to accept what God has allowed in their circumstances, so they complain about it creating a sadness of soul.
  - B. One is unwilling to accept that people are not operating as they would like them to, so they complain about it creating a sadness of soul.
  - C. One is unwilling to accept the difficulties in life, so they complain about it creating sadness of soul.

**Response:** One is to repent of their unloving attitudes, words, and actions and embrace the Sovereignty of God, the Wisdom of God, and the Love of God. One is to accept what God has allowed while submitting to what He has commanded accordingly.

III. **Conscience Sorrow (Romans 2:14-15, 1 Samuel 24:1-5, 2 Samuel 24:10)** – a sadness of soul as a result of one’s conscience bringing about guilt due to some act(s) of sin in one’s life. For example:

- A. One has been thinking in a sinful manner, resulting in the conscience bringing about guilt in one’s heart leading to a sadness of soul.
- B. One has been talking in a sinful manner, resulting in the conscience bringing about guilt in one’s heart leading to a sadness of soul.
- C. One has been living in a sinful manner, resulting in the conscience bringing about guilt in one’s heart leading to a sadness of soul.

**Response:** One is to repent of their unloving attitudes, words, and actions and embrace the Sovereignty of God, the Wisdom of God, and the Love of God. One is to accept what God has allowed while submitting to what He has commanded accordingly.

IV. **Casualty Sorrow (Genesis 4:1-14, 2 Corinthians 7:10)** – a sadness of soul as result of regret over the consequences of sin choices, ultimately leading one to death because of a lack of repentance. For example:

- A. One is sorrowful about what is going to happen to them as a result of their sin.
- B. One is not focused on how their sin has dishonored God or damaged others.
- C. Since there is no change of heart, only grief about the issue, one experiences more complications, problems, pain, and ultimately death because of the consequences of a continued life of sin.

**Response:** One is to repent of their unloving attitudes, words, and actions and embrace the Sovereignty of God, the Wisdom of God, and the Love of God. One is to accept what God has allowed while submitting to what He has commanded accordingly.

V. **Contrite Sorrow (2 Corinthians 7:10-11, Luke 18:9-14)** – a sadness of soul because one is broken over their sin against God. For example:

- A. One is grieved over how their sin has dishonored God.
- B. One is grieved over how they have brought sorrow to God because of their sin.

- C. As a result of grief over sin against God, one is desiring and moving towards making things right with God according to His will and ways.

**Response:** One is to repent of their unloving attitudes, words, and actions and embrace the Sovereignty of God, the Wisdom of God, and the Love of God. One is to accept what God has allowed while submitting to what He has commanded accordingly.

VI. **Chastisement Sorrow (Hebrews 12:11)** – a sadness of soul because one is experiencing the discipline of God leading to a product of righteousness in their living. For example:

- A. One is grieved as they experience the discipline of God producing righteousness in their thoughts, desires, and motives.
- B. One is grieved as they experience the discipline of God producing righteousness in their communication, behavior, manner of life or manner of serving.
- C. One is grieved as they experience the discipline of God producing righteousness in their relationship patterns.

**Response:** One is to endure the pain and accept what God is allowing while submitting to what He has commanded accordingly.