

Good and Godly Grief

II Corinthians 7:5-16

Introduction

- There are few things more painful than being isolated and separated from others...
- Sin always destroys healthy and intimate relationships... the Gospel always restores what sin destroys.
- Sometimes it causes us pain/grief in order to be helped and healed. See [Heb. 12:7-11](#)

The good and godly grief that leads to true repentance and true reconciliation.

II Cor 7:8-13a

Bringing the Text to Light

The Continuing Conflict in Corinth

- **II Cor 7:5** resumes the story that was temporarily interrupted at **2:12,13**
- **2:14-7:4** is an extended ‘parenthesis’ in order to instruct and encourage
- **7:5** Distraught and distressed in Philippi

Continuing Conflict in Corinth



- Goes to Corinth but encounters great opposition & conflict
- Back in Ephesus writes a stern letter of rebuke to Corinthians
- Travels to Troas to evangelize – but is restless about Corinth
- Goes on to Philippi, distraught and distressed

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God ‘Comforts’ Paul in Philippi

- By Titus’ presence with him (**vs. 6**)
- By the Cor’s response to Titus (**vs. 7,13b-16**)
- By the Cor’s good and godly grief (**vs. 8-13**)

Applying the Text to Life

Good & Godly Grief Over Sin (**vs. 8-13**)

- Personal – *your* sin
- Painful – i.e. distress, grief, sorrow
- Temporary
 - For only a little while...
 - No regrets!
 - No loss or damage...

Applying the Text to Life

Good & Godly Grief Over Sin (**vs. 8-13**)

- Personal – *your* sin
- Painful – i.e. distress, grief, sorrow
- Temporary
- Godly – i.e. the kind God wants
- Leads to real repentance
 - ‘made sorrowful to the point of repentance’
 - A change of ways showing a change of heart
 - From the inside out!

Applying the Text to Life

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- Personal – *your* sin
- Painful – i.e. distress, grief, sorrow
- Temporary
- Godly – i.e. the kind God wants
- Leads to real repentance
- Opposite of ‘worldly grief’
 - All that the world knows and all that the flesh (our life without God) can produce.
 - See Esau (**Heb 12:16,17**) & Judas (**Mt. 27:3-5**)

Applying the Text to Life

Good & Godly Grief Over Sin (**vs. 8-13**)

- Personal – *your* sin
- Painful – i.e. distress, grief, sorrow
- Temporary
- Godly – i.e. the kind God wants
- Leads to real repentance
- Opposite of ‘worldly grief’
- Produces ‘fruit’ – true, lasting change
- Shows to self and others that God is at work in your life. ‘Grace not in vain’!