

# Godly Sorrow

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Of all the principles taught by prophets over the centuries, one that has been emphasized over and over again is the hopeful and heartwarming message that mankind can repent, change course, and get back on the true path of discipleship.

That does not mean that we should be comfortable with our weaknesses, mistakes, or sins. But there is an important difference between the sorrow for sin that leads to repentance and the sorrow that leads to despair.

The Apostle Paul taught that “*godly sorrow* worketh repentance to salvation . . . but the *sorrow of the world* worketh death” (2 Corinthians 7:10; emphasis added). *Godly sorrow* inspires change and hope through the Atonement of Jesus Christ. *Worldly sorrow* pulls us down, extinguishes hope, and persuades us to give in to further temptation.

*Godly sorrow* leads to conversion and a change of heart. It causes us to hate sin and love goodness. It encourages us to stand up and walk in the light of Christ’s love. True repentance is about transformation, not torture or torment. Yes, heartfelt regret and true remorse for disobedience are often painful and very important steps in the sacred process of repentance. But when guilt leads to self-loathing or prevents us from rising up again, it is impeding rather than promoting our repentance.

There is a better way. We have a champion, a Savior, who walked through the valley of the shadow of death on our behalf. He gave Himself as a ransom for our sins. No one has ever had greater love than this—Jesus Christ, the Lamb without blemish, willingly laid Himself on the altar of sacrifice and paid the price for our sins to “the uttermost farthing” (Matthew 5:26). He took upon Himself our suffering. He took our burdens, our guilt upon His shoulders. My dear friends, when we decide to come to Him, when we take upon ourselves His name and boldly walk in the path of discipleship, then through the Atonement we are promised not only happiness and “peace in this world” but also “eternal life in the world to come” (Doctrine and Covenants 59:23). **NE**



River of Hope



## SORROW - Godly or Worldly?

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GODLY

WORLDLY

The better way



Swamp of Shame



Canyon of Self-loathing



Cliffs of Despair

