

Back to Good Life Series Slide

Back in 2017-

Celebrity Chef **Mario Batali**- was exposed during the #metoo movement. He made the following public apology.

“I have made many mistakes and I am so very sorry that I have disappointed my friends, my family, my fans and my team. My behavior was wrong and there are no excuses. I take full responsibility...

I will work every day to regain your respect and trust.”

“In case you’re searching for a holiday-inspired breakfast, these Pizza Dough Cinnamon Rolls are a fan favorite.”

So...swing and a miss on that apology.

Netflix show- Building the Band

“Its getting a little toxic at this point. We’re not really happy about what’s going on. We can’t continue like this. I feel like it needs to be said.”

“Last few days difficult. We felt anxious. There’s just a lot of meanness.”

Alyson-

“I’m sorry. I think if you knew me you’d know that’s just me being silly with you.”
“My intentions are very different from what you’re saying.”

Then she begins to cry.

“Its just really hurtful.”

Elle- “We’re so sorry.”

“I feel like you guys are acting like I’m a jerk and I’m not. It just really really bothers me. I think its really healthy to be direct and communicate. And I’m sorry if it comes across in the wrong way.”

In the end...

“We’re really awesome girls and I just think we need to work on fully being open and honest.”

They didn’t have any resolution on what actually was happening. And of course- the rift in the band goes on and it shows in their performances. You can tell there is a wall up between the other two girls and Alyson.

Title Slide “I’m Sorry: How Godly Grief Apologizes”- 2 Corinthians 7:6-11

“I’m sorry” is such an important phrase in deep relationships.

When broken, sinful people (that’s all of us) are close to each other- we hurt each other. And usually, our instinct is to protect ourselves. To build walls. To make the relationship less open, less vulnerable. for the sinner to avoid admitting he sin...or to excuse the sin...or distract from the sin...and for the victim...to smooth it over quickly...brush it aside...and slowly distance ourselves so we don’t get hurt again.

But, if we learn to say “I’m sorry” in the way God intends- and if we understand where to find the power to do that- not only can we heal wounds- we can actually build relationships that are stronger and go deeper.

BACKGROUND- PAUL to CORINTHIANS

1 Cor letter

Severe letter- Sends Titus

2 Cor- relief and responds with comfort.

2 Corinthians 7:6-11

But God, who comforts the downcast, comforted us by the arrival of Titus, 7 and not only by his arrival but also by the comfort he received from you. He told us about your deep longing, your sorrow, and your zeal for me, so that I rejoiced even more. 8 For even if I grieved you with my letter, I don’t regret it. And if I regretted it — since I saw that the letter grieved you, yet only for a while — 9 I now rejoice, not because you were grieved, but because your grief led to repentance. For you were grieved as God willed, so that you didn’t experience any loss from us. 10 For godly grief produces a repentance that leads to salvation without regret, but worldly grief produces death. 11 For consider how much diligence this very thing — this grieving as God wills — has produced in you: what a desire to clear yourselves, what indignation, what fear, what deep longing, what zeal, what justice! In every way you showed yourselves to be pure in this matter.

Transition:

I want to focus on two phrases in this text today.

Worldly grief. and Godly Grief.

When “I’m sorry” is fueled by worldly grief- it kills relationships.

When “I’m sorry” is fueled by godly grief- it heals relationships.

1) Worldly Grief protects “me”.

Worldly grief would make a statement like...Love means never having to say I’m sorry. Worldly grief would minimize the effects of your sins by using cinnamon rolls. And worldly grief would definitely turn the whole thing around on the other person- drawing sympathy with tears and putting your own hurt at the center like Alyson did on Building the Band.

v 10

Paul says ... worldly grief...whatever it is... doesn’t have healing effects...it kills the relationships. Its the opposite of salvation and repentance.

It produces death...and regret.

So what exactly is worldly grief?

When you sin against God...or another person...Worldly grief often doesn’t even start until you get caught.

And it focuses on the self.

It primarily asks “What did this sin cost me?”...and how do i minimize its consequences?

Worldly grief is looking to manage an image. It primarily seeks to avoid embarrassment and shame.

Worldly grief focuses inward...it ruminates over and over and over. When you have worldly grief- you tend to think about yourself...about how much you stand to lose because of your sin...and you ruminate on all the things you could have done differently...not because you are interested in changing...but because you regret the status, or person, or thing you have lost.

The death that comes from worldly grief is often- the death of a relationship- you isolate from another person to avoid shame..or you become hard hearted...toward them- blaming them for the way you feel... or you simply have a sense of despair that you can’t shake. I’ll always be this way. I can never change!

Notice that Paul doesn’t make the distinction here between Godly and worldly grief by saying “Godly grief cries a lot and Worldy grief is stoic and doesn’t show emotion”

Actually some of the WORLDLIEST grief...is full of REAL TEARS. But the tears are not because of the hurt that sin has caused God or others...the tears are about the fear of what the sin will cost the person.

Worldly grief is always looking to uplift the self- through self protection, manipulating the victim into comforting the guilty, or minimizing the sin or the victim.

Let me give you a few examples of what a Worldly “I’m Sorry” sounds like.

Worldly Grief

“I’m sorry you feel that way.”

“I’m sorry, but if you wouldn’t have...then I wouldn’t have...”

“I’m sorry. I’m a terrible person and I can never forgive myself!”

“I’m sorry, just please don’t make me...”

“I’m sorry, if you were as smart/funny/sophisticated as me you wouldn’t be hurt.”

“I’m sorry. Now do you have something you want to say to me?”

Transition: So if that’s worldly grief...what does Godly Grief look and sound like...

2) Godly Grief is humble, vulnerable, & responsible to change.

Where Worldly Grief seeks preserve the self...trying to change ANYTHING but yourself...Godly Grief mobilizes you. It gets you up out of your pity party and moves you to take real action. To make real changes.

That means it must be humble..vulnerable and responsible.

v 7

Notice where the Corinthians emotions were. They were not on themselves. They were directed outward. Toward Paul. The Corinthians had to begin with humility.

They needed first to stop protecting themselves...or really thinking about themselves at all and focus on how they had hurt and grieved the God they love and their friend Paul.

Worldly grief focuses on what your sin did to you.

Godly grief focuses on what your sin did to God and others.

David in Pslam 51

Psalm 51:3-4

**3 For I am conscious of my rebellion,
and my sin is always before me.**

**4 Against you — you alone — I have sinned
and done this evil in your sight.**

**So you are right when you pass sentence;
you are blameless when you judge.**

There is humility there.

Also- notice the vulnerability.

No self-protection. No sense mitigating his guilt.

Completely ownership of his sin. I have done this evil...and you are right to pass sentence on me.

In no way is he seeking to avoid the consequences of his sin.

Now back to the Corinthians

v 9a & 11b

Paul points out a couple of times that their grief led to repentance. To action. to change. It didn't just sit in a puddle of tears.

v 11- the desire to clear. it doesn't mean they were saying "we didn't do it"...rather they wanted a restoration of the relationship. They wanted justice...to make things right.

That's what Godly grief always does...makes things right.

Psalm 51:1-2; 10-17

**Be gracious to me, God,
according to your faithful love;
according to your abundant compassion,
blot out my rebellion.**

**2 Completely wash away my guilt
and cleanse me from my sin.**

**10 God, create a clean heart for me
and renew a steadfast spirit within me.**

**11 Do not banish me from your presence
or take your Holy Spirit from me.**

**12 Restore the joy of your salvation to me,
and sustain me by giving me a willing spirit.**

**13 Then I will teach the rebellious your ways,
and sinners will return to you.**

**14 Save me from the guilt of bloodshed, God —
God of my salvation —
and my tongue will sing of your righteousness.**

**15 Lord, open my lips,
and my mouth will declare your praise.**

16 You do not want a sacrifice, or I would give it;

**you are not pleased with a burnt offering.
17 The sacrifice pleasing to God is a broken spirit.
You will not despise a broken and humbled heart, God.**

Godly Grief

**“I’m sorry. I sinned against you. I was wrong. I will do all I can to make this right.
Will you forgive me?”**

Warrior- “I love you Tommy. I’m sorry. I’m sorry Tommy” with that song by the National
About today playing in the background.

3) The gospel fuels Godly Grief.

Judas vs. Peter

The best biblical contrast of worldly and godly grief is Judas and Peter. Think, for a minute, about how similar their sins were: Both betrayed Christ on the night that he died. And it wasn’t like Judas’s sin was a lot worse; both betrayed denied Christ. And both wept bitter tears of regret because of it.

And yet, Judas ended up committing suicide, and Jesus’ verdict on his life was, “It would have been better for that man for him never to have been born.” Peter, on the other hand, went on not only to find forgiveness, but to be commissioned as the most important leader of Jesus’ church.

John 21:17-19

17 He asked him the third time, “Simon, son of John, do you love me? ”

Peter was grieved that he asked him the third time, “Do you love me? ” He said, “Lord, you know everything; you know that I love you.”

“Feed my sheep,” Jesus said. 18 “Truly I tell you, when you were younger, you would tie your belt and walk wherever you wanted. But when you grow old, you will stretch out your hands and someone else will tie you and carry you where you don’t want to go.” 19 He said this to indicate by what kind of death Peter would glorify God. After saying this, he told him, “Follow me.”

Why the difference? It had nothing to do with who sinned worse or who cried more. It had to do with the direction and object of their sadness. Judas stayed focused on himself; Peter focused on the precious, faithful Savior he’d hurt; the Savior who had gone to a cross to reconcile himself to him; the Savior who had always been his friend. And he was broken-hearted--how could I betray someone who loved me so much and been so faithful to me?

The difference between the two- One of them saw only Jesus' cross. The other saw the cross and the resurrection.

2 Corinthians 7:1

So then, dear friends, since we have these promises, let us cleanse ourselves from every impurity of the flesh and spirit, bringing holiness to completion in the fear of God

EXPLAIN WHY.

“There is nothing more dangerous than grieving over your sins without faith in Christ”- Jack Miller

Here is the beauty...your relationships can actually grow become stronger when you have this in them.

“Love means fearlessly taking every opportunity to say I’m sorry”