

Worldly Sorrow	Godly Sorrow
Worldly sorrow, or confession, or shallow repentance is our usual way of saying, "I'm sorry." It doesn't cost us much pain.	Godly sorrow, or deeper repentance, is the lifestyle that Jesus is calling us to. It's a dying to self that will cost us some pain.
I am only sorry for what I DO.	I am sorry also for what I AM.
I confess after I have sinned.	I am continually repentant because of my sin.
I focus on my behavior and desire moral reformation.	I focus on my disposition and desire spiritual transformation.
I want quick resolution so that you'll get off my back.	I want deeper insight, so I need you to hang in there with me.
I can't believe I'm like that. Let's not talk about it anymore.	I CAN believe I'm like that. We need to talk about it more.
I have an explanation.	I am sick of my explanations.
I repent by trying to do it right next time.	I repent that I don't have my own righteousness and trust Christ to be my righteousness.
I am sorry because I got found out.	I am thankful that you brought this to my attention.
I am sorry that I offended you.	I am sorrowful that my sinful heart is so offensive.

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“Repentance means turning from as much as you know of your sin to give as much as you know of yourself to as much as you know of your God. As our knowledge grows at these three points, so our practice of repentance has to be enlarged.” *J.I. Packer*