

THE DIFFERENCE BETWEEN GODLY SORROW AND SINFUL DEPRESSION

- There is nothing wrong with a Christian grieving and sorrowing
- BUT in the midst of that pain, we must never be utterly cast down and dejected
- We must never become hopeless and pessimistic
- Paul made this point to the Christians in Thessalonica (1 Thess 4:13-14, 18) when he wrote to them about the death of their Christian loved ones:

But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus. (18) Therefore comfort one another with these words. (1 Thess 4:13-14, 18)

- Paul did not rebuke them for their grief
- Losing a loved one is difficult and it is appropriate for us to sorrow over it
- But he reminded them they were not to grieve as unsaved people grieve—without hope or expectation for the future

✠ Christians should demonstrate appropriate feeling and emotion, but their grief should always be accompanied by great confidence and expectation in the promise of external life Romans 8:18-39—concept of sorrow accompanied by rejoicing—Paul wrote about the suffering, trouble, hardships, persecutions, danger, opposition that believers would face in their lives:

- 18 For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.
- 19 For the anxious longing of the creation waits eagerly for the revealing of the sons of God.
- 20 For the creation was subjected to futility, not willingly, but because of Him who subjected it, in hope
- 21 that the creation itself also will be set free from its slavery to corruption into the freedom of the glory of the children of God.
- 22 For we know that the whole creation groans and suffers the pains of childbirth together until now.
- 23 And not only this, but also we ourselves, having the first fruits of the Spirit, even we ourselves groan within ourselves, waiting eagerly for *our* adoption as sons, the redemption of our body.
- 24 For in hope we have been saved, but hope that is seen is not hope; for who hopes for what he *already* sees?
- 25 But if we hope for what we do not see, with perseverance we wait eagerly for it.
- 26 In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for *us* with groanings too deep for words;
- 27 and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to *the will of God*.
- 28 And we know that God causes all things to work together for good to those who love God, to those who are called according to *His* purpose.
- 29 For those whom He foreknew, He also predestined to *become* conformed to the image of His Son, so that He would be the firstborn among many brethren;

30 and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

31 What then shall we say to these things? If God *is* for us, who *is* against us?

32 He who did not spare His own Son, but delivered Him over for us all, how will He not also with Him freely give us all things?

33 Who will bring a charge against God's elect? God is the one who justifies;

34 who is the one who condemns? Christ Jesus is He who died, yes, rather who was raised, who is at the right hand of God, who also intercedes for us.

35 Who will separate us from the love of Christ? Will tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

36 Just as it is written,
"FOR YOUR SAKE WE ARE BEING PUT TO DEATH ALL DAY LONG;
WE WERE CONSIDERED AS SHEEP TO BE SLAUGHTERED."

37 But in all these things we overwhelmingly conquer through Him who loved us.

38 For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,

39 nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.

As we experience these things, Paul says- ...even we ourselves are grown (8:23)

- We are guaranteed to experience difficult things in our lives that will be painful and sorrowful but at the same time we are eager and hopeful for what is to come
- We grieve but we also have confidence that God is in control of all things
- We sorrow but we also have full assurance that the Spirit of God will help us to be strong and that through Christ we will be more than conquerors in all things
- We groan but we also have a certain and sure conviction that God will work all things together for our good

That is the difference between godly-sorrow and sinful depression