



**Week 4 - Sorrows**  
**September 7, 2025**  
**2 Corinthians 7:10**

**Godly sorrow leads to repentance, which leads to restoration.**

**Sorrow (lupe) a deep pain or heaviness caused by sin.**

- Luke 22:59-62

**Godly sorrow isn't meant to crush you, it's meant to restore you.**

- John 21:15-17

1 John 1:9

Philippians 1:6

**Reflection questions:**

1. What's one time in your life when you experienced deep sorrow over something you did?
2. What's an area of your life where you've struggled to believe God can still forgive and restore you?
3. What's one step you can take this week to let go of shame and begin walking in the restoration Jesus offers?