

Hi, I'm Crawford Loritts with a Legacy Moment.

Not long ago, Karen and I had a disagreement over something that was pretty minor. It was very petty indeed. I got upset about it, and I let the issue affect my attitude toward her. I'm embarrassed by my response. Then my conscience started to get the best of me. The Spirit of God started working me over, and I “got convicted.” I was sorry about my attitude, so I confessed it to the Lord. I sat down with Karen, and we settled the issue.

Sorrow is not always a bad thing. It all depends on what we do with it. Second Corinthians chapter 7, verses 9 and 10, talks about the power of sorrow and the relationship between sorrow and repentance. Listen to these words; “I now rejoice, not that you were made sorrowful, but that you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God, so that you might not suffer loss in anything through us. For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation, but the sorrow of the world produces death.”

We shouldn't be too quick to tell people not to be sorry. It could be the prelude to repentance. Maybe a more balanced perspective is that we shouldn't mistake sorrow for repentance, but there can't be genuine repentance without sorrow. Change, that is repentance, puts an end to our sorrow. That's why the Apostle Paul uses the line “a sorrow without regret.” In other words, sorrow became redemptive. It moved you to change. It moved you to correct something.

Here's what I want you to remember and do today. Sorrow can be a friend if we let it take us to repentance. But if we're feeling bad about something, we need to seek forgiveness and make it right.