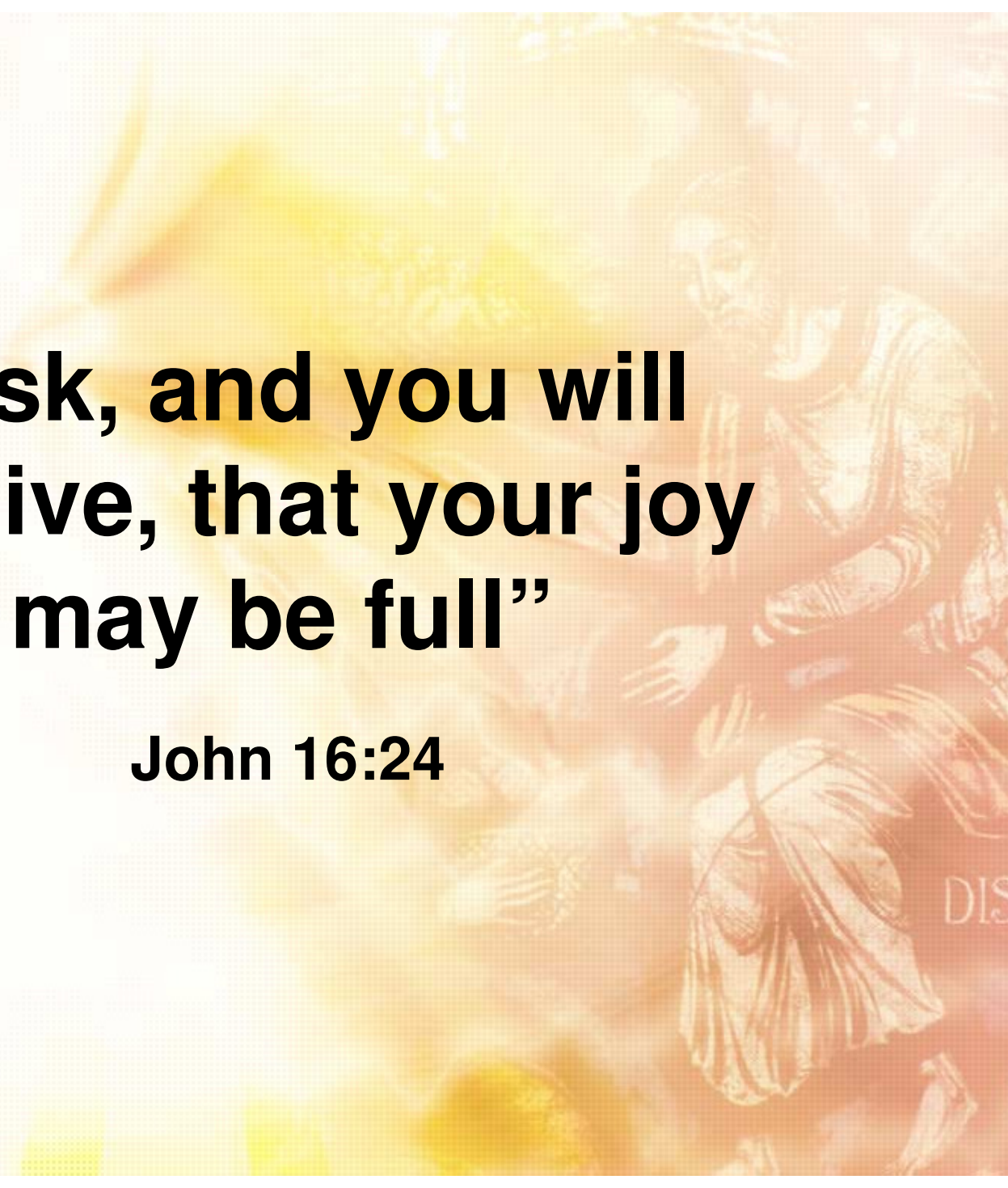


**“Ask, and you will
receive, that your joy
may be full”**

John 16:24



What are the different kinds of “good sorrow”?



1. The sorrow of labor and struggle



“A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born into the world”

John 16:21

2. The sorrow of repentance and remorse



“For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death”

2 Corinthians 7:10

3. The sorrow of sharing in others' suffering



“I have great sorrow and continual grief in my heart. 3 For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh ”

Romans 12:15

4. The sorrow for those who are not yet in Christ



“I have great sorrow and continual grief in my heart. For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh”

Romans 9:2-3

Why are these good sorrows?

1. They will eventually lead us to bear fruits
2. They are godly in nature; they turn us to repentance.
3. They reflect care and love for others
4. They encourage us to ask and pray
5. Even while they exist, they never deprive us of joy.

“as sorrowful, yet always rejoicing” 2Cor.6:10



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