



**Exchange: Regret for Repentance                      2 Corinthians 7:2-16**

Intro:

1. \_\_\_\_\_ of the sin                                      v. 8

2. \_\_\_\_\_ for the sin                                      vv. 8-10

- \_\_\_\_\_ sorrow
- \_\_\_\_\_ sorrow

3. \_\_\_\_\_ of the sin                                      v. 11

4. \_\_\_\_\_ of repentance                                      vv. 4-7, 12-16

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# My Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. Read 2 Corinthians 7:8-12. What is the difference between regret and repentance? Explain Paul's statement that repentance leaves no regret.
2. How do you typically respond when someone points out sin in your life? Why?
3. In addition to recognizing a sin area in your life and experiencing "godly sorrow" over it, what practical steps have you taken to abandon that sin? What joy have you experienced as a result?
4. In what area of your life do you currently need to move from mere "regret" to true repentance?
5. Are you willing to cause someone sorrow by pointing out their sin to them? Why or why not?



## Memory Verse

*"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation..."*

2 Corinthians 5:17-18