

(Neil L. Andersen, *The Divine Gift of Forgiveness* [2019], 149, 150)

[Godly sorrow means] to feel profound sadness and remorse for behavior that added pain and suffering to the Savior, as our soul removes any denial or excuse. ...

Perhaps the greatest awakening of this life to a spiritually sensitive son or daughter of God is the uniquely personal realization that Jesus Christ's payment for sin is very real and that His suffering is not just for everyone else—but also for you and me! ... As we spiritually understand that He has suffered for our sins, we feel sadness for our part of His pain. We realize that it is part of the plan of our Father, but we are overwhelmed with the gift He is offering to us. This wonder, this appreciation, this adoration of a Savior who has done this for us, takes us to our knees as our spirit is filled with godly sorrow.

(Dieter F. Uchtdorf, ["You Can Do It Now!"](#) *Ensign* or *Liahona*, Nov. 2013, 56)

*Godly sorrow* inspires change and hope through the Atonement of Jesus Christ. *Worldly sorrow* pulls us down, extinguishes hope, and persuades us to give in to further temptation.

*Godly sorrow* leads to conversion and a change of heart. It causes us to hate sin and love goodness. It encourages us to stand up and walk in the light of Christ's love. True repentance is about transformation, not torture or torment. Yes, heartfelt regret and true remorse for disobedience are often painful and very important steps in the sacred process of repentance. But when guilt leads to self-loathing or prevents us from rising up again, it is impeding rather than promoting our repentance.