



YOU CANNOT REPAIR
WHAT ONLY CHRIST CAN
REDEEM

Hebrews 10:18 (ESV)

*Where there is forgiveness of these, there is no longer any offering for
sin.*

Introduction

Why This Study Matters

There are sins we can repair.

There are others we cannot reconstruct.

If you have ever felt the weight of the past — even after repentance — this study is for you.

We will walk slowly through what Scripture says about:

- Godly sorrow and destructive guilt
- The finality of Christ's once-for-all sacrifice
- The difference between conviction and condemnation
- What it truly means to repent — and rest

This is not advice.

It is not self-help.

It is simply God's Word, opened carefully together.

Section I – Godly Sorrow and Worldly Sorrow

Primary Text: 2 Corinthians 7:8–11

Read the Passage

2 Corinthians 7:8–11 (KJV):

8 For though I made you sorry with a letter, I do not repent, though I did repent: for I perceive that the same epistle hath made you sorry, though it were but for a season.

9 Now I rejoyce, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner, that ye might receive damage by us in nothing.

10 For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

11 For behold this selfsame thing, that ye sorrowed after a godly sort, what carefulness it wrought in you, yea, what clearing of yourselves, yea, what indignation, yea, what fear, yea, what vehement desire, yea, what zeal, yea, what revenge! In all things ye have approved yourselves to be clear in this matter.

Consider What Paul Is Distinguishing

- What does godly sorrow produce?
- What does worldly sorrow produce?
- What evidence of repentance does Paul describe?

Key Distinction

Godly sorrow moves you toward repentance and peace.

Worldly sorrow collapses inward and produces death.

One leads you forward.

The other keeps you circling.

Reflection

- Have I truly turned — or am I still punishing myself?
- Is my sorrow producing change, or paralysis?

Journaling Space:

Section II – The Weight of Unconfessed Sin

Primary Text: Psalm 32

David

Psalm 32:1–5 (KJV)

1 Blessed is he whose transgression is forgiven, whose sin is covered.

2 Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile.

3 When I kept silence, my bones waxed old through my roaring all the day long.

4 For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

5 I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin. Selah.

Before Confession

“My bones wasted away...”

“Your hand was heavy upon me...”

Conviction is not imagined. It is felt.

After Confession

“I acknowledged my sin... and You forgave.”

Forgiven.

Covered.

Joy restored.

Anchor Truth

Peace came through confession — not reconstruction.

Reflection

- What does “covered” mean in light of my past?
- Have I truly brought this into the light?

Journaling Space:

Section III – Once for All

Primary Text: Hebrews 9:24–28; 10:10–18

Epistle to the Hebrews

Hebrews 9:24–28 (ESV)

24 For Christ is not entered into the holy places made with hands, which are the figures of the true; but into heaven itself, now to appear in the presence of God for us:

25 Nor yet that he should offer himself often, as the high priest entereth into the holy place every year with blood of others;

26 For then must he often have suffered since the foundation of the world: but now once in the end of the world hath he appeared to put away sin by the sacrifice of himself.

27 And as it is appointed unto men once to die, but after this the judgment:

28 So Christ was once offered to bear the sins of many; and unto them that look for him shall he appear the second time without sin unto salvation.

Hebrews 10:10–18 (KJV)

10 And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

11 And every priest stands daily at his service, offering repeatedly the same sacrifices, which can never take away sins.

12 But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God.

13 waiting from that time until his enemies should be made a footstool for his feet.

14 For by a single offering he has perfected for all time those who are being sanctified.

15 And the Holy Spirit also bears witness to us; for after saying,

16 “This is the covenant that I will make with them after those days, declares the Lord: will put my laws on their hearts, and write them on their minds.”

17 then he adds, “I will remember their sins and their lawless deeds no more.”

18 Where there is forgiveness of these, there is no longer any offering for sin.

Notice the Contrast

Repeated sacrifices

versus

One sacrifice.

The Crucial Statement

“There is no longer any offering for sin.”

No further offering.

Consider

If Christ's sacrifice was once for all:

- What offering am I still trying to make?
- Am I subtly attempting to atone for myself?

Reflection

Where might I still believe more payment is required?

Journaling Space:

Section IV – No Condemnation

Primary Text: Romans 8:1–4, 31–34

Epistle to the Romans

Romans 8:1–4 (KJV)

1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

Romans 8:31–34 (KJV)

31 What shall we then say to these things? If God be for us, who can be against us?

32 He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

33 Who shall lay any thing to the charge of God's elect? It is God that justifieth.

34 Who is he that condemneth? It is Christ that died, yea rather, that is

risen again, who is even at the right hand of God, who also maketh intercession for us.

Define Condemnation

A judicial verdict.

A rendered sentence.

Who Brings the Charge?

“If God is for us... who shall bring any charge?”

The case has already been decided.

Distinguish Carefully

Conviction leads to repentance.

Condemnation attempts to reopen a closed case.

Reflection

- Am I remembering — or re-sentencing myself?
- Do I believe the verdict has truly been rendered?

Journaling Space:

Section V – When Amends Are Impossible

Biblical Examples

- David (2 Samuel 12)
- Peter (Luke 22; John 21)
- Paul (1 Timothy 1:12–16)

Notice the Pattern

They repented.

They accepted consequences.

They walked forward.

They were not immobilized by what had already been forgiven.

Anchor Statement

You cannot repair what only Christ can redeem.

Journaling Space:

Closing Meditation

Read from your Bible slowly:

Psalm 32:1–2

Hebrews 10:18

Romans 8:1

Sit quietly with these truths:

Repentance is required. Forgiveness is
final.

Peace is possible.

Journaling Space:

Final Reflection Questions

- Have I repented — or am I still trying to repair?
- What would it look like to entrust what I cannot fix to Christ?
- Where do I need to receive, not strive?

Journaling Space:

Closing Prayer

Lord,

You see the past I cannot reconstruct.

You know the places I wish I had chosen differently.

Thank You that repentance is enough because Christ's sacrifice is sufficient.

Teach me to walk forward in obedience, not in condemnation.

Anchor me in Your finished work.

Amen.