
"All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works."

Suffice it to say that we need instruction, reproof, and correction every time we open God's Holy Word! The Word is like Bryce's compass!

James 4:9: "Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness."

Why did James write this? Because these believers had sinned against each other, (and worse) against God! What James commanded the Christians of his day SHOULD BE the response of EVERY one of our hearts to sin in our lives!

But there was no sorrow or mourning for sin in these brethren of James' day, instead, there was pride, lust, fighting, carnal prayers, and love of the world... All of which caused a coldness, hardness, and callousness in them to their sins! This is a terrible condition for any believer to be in.

If your sins do not cause you sadness and grief, then you have a wrong view of God and a wrong view of sin. Hebrews 3:12-13
This begs the question: How do you view your sin?
What are your thoughts of God or the Lord Jesus when you do sin?

If you love God, believe Christ, and love Christ and His sacrificial death on the cross to save you from your wickedness and sin... If this is where you are in your spirit, you will be filled with sorrow and heaviness when you sin.

If you have a "right view" of God and the Lord Jesus Christ and His cross, you will have a "right view" of your sins!

Jeremiah Burrows: "A man may fight with another and yet not seek to take away his life, to destroy him; but sin strikes at the very being of God." Leviticus 24:16

The atheistic fool hates God, fears not God, and boasts that there is no God...this is because he loves his sins and will have them! To love your sin is to wish God out of existence. Psalms 14:1, 36:1-4, Romans 3:16-18

Sorrow, mourning, and heaviness should always be yours and my heart's response when we sin in our minds or our actions, or when we've sinned against our brother, sister, friend, mother, father, husband, wife, son, or daughter, we should be sorry when we've sinned against someone in our life..... but we should first and foremost be sorry because OUR SIN STRIKES AT God whom we profess to love and fear.

When they killed the Lord Jesus, the unbelieving Jews would not have their Promised Messiah to reign over them. When we sin, we are saying the same thing!

When we sin, we are denying that WE KNOW the Lord, Peter denied the Lord (3) times! When we sin, we are no better than those wicked men who struck Him in His face. Luke 22:55-65

How can we not be full of sorrow and heaviness when we sin against our heavenly Father, whose love is ALWAYS toward us, His mercy toward us never ceases, His faithfulness to you, child of God reaches to the clouds, His goodness, His kindness, His patience, and longsuffering toward you will never cease! "He is kind to the unthankful, and to the evil."
To sin without being filled with godly sorrow for your sins is to show no fear of God, no love for God in your heart!

What James speaks of is an INTENTIONAL and VOLUNTARY afflicting of your soul when you have sinned against God! "Be afflicted" literally means "be sorrowful" for your sins! If we truly know and love God, this is how we will respond when we sin!

Matthew 5:4: "Blessed are they that mourn, (for their sins), for they shall be comforted." Luke 6:21: "Bless are ye that weep now: for ye shall laugh." Luke 6:25: "Woe unto you that laugh now! For ye shall mourn and weep."

Sadness, sorrow, and mourning for your sins is one of the Beatitudes, spoken by the Lord Jesus Himself, it should be our attitude when we sin, as children of His Kingdom.

ONE THERE IS ABOVE ALL OTHERS: John Newton

One there is, above all others, Well deserves the name of friend;
His is love beyond a brother's, Costly, free, and knows no end:
They who once His kindness prove, Find it everlasting love!

Could we bear from one another, What He daily bears from us?
Yet this glorious friend and brother, Loves us though we treat Him thus:
Though for good we render ill, He accounts us brethren still.

O for grace our hearts to soften! Teach us, Lord, at length to love;
We, alas! forget too often, What a friend we have above:
But when home our souls are brought, We will love Thee as we ought.

If the Spirit of God is in you, mourning, weeping, and being humble, contrite, and convicted for your sins should be the tender and spiritually natural response of your heart child of God! James continued to point them back to God in repentance "from" their sinful ways!

Psalm 34:18, 51:17, Ecclesiastes 7:3, 2 Corinthians 7:10

This is not the sorrow of the world, or a manufactured and pretended mourning for your sins, But if there is no godly mourning or sorrow for your sins, there can be no true repentance or sanctification!

This is what true repentance looks like when it happens in the life of a Christian... James 4:10