



REPENTANCE



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The word repent means “to change one’s mind.” The Bible also tells us that true repentance will result in a change of actions

[Acts3:19]

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;

repentance is a foundational concept that involves several key aspects:

1. Acknowledging Sin:

Recognizing that our actions or thoughts have strayed from God's teachings and principles.

2. Turning Away from Sin:

This is about making a conscious decision to stop engaging in sinful behavior.

3. Turning Towards God:

Committing ourselves to following God's will and living according to his teachings.

4. Transformation of the Heart:

Repentance is not just about outward actions, but also about a genuine change of heart.

Here we see a shift from Faith in God to Works or action. We need to make positive changes to address our sinful nature and the desires that come with it.

5. Ongoing Process:

Repentance is not a one-time event but an ongoing journey of self-reflection and growth. Christians believe that even the most faithful stumble, and repentance is always available as a path towards reconciliation with God.

Repentance is seen as a crucial step in the process of salvation and reconciliation with God. It allows individuals to experience forgiveness, healing, and a renewed sense of purpose in their lives.

Scriptural references:

The Bible is filled with references to repentance, urging people to turn away from sin and embrace God's forgiveness.

[2 Chronicles7:14]

14 If my people which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

This passage is a well-known verse about forgiveness and divine intervention. It emphasizes the importance of humility, prayer, and repentance for receiving God's blessings.

[Acts 3:19]

19 Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;

So let us look into this more deeply

Acknowledging Sin: Remember Blessed are those who Mourn!

This can often be triggered feeling remorse, regret, or even shame for our wrongdoings

Self-Reflection and Examination of Conscience:

- Devoting time to quiet introspection, considering our thoughts, words, and actions.
- Reflecting on whether our behavior aligns with Christian teachings and values.
- Identifying specific instances where we have fallen short or caused harm.

Prayer and Meditation:

- Communicating with God through prayer, asking for guidance in recognizing sin.
- Seeking clarity and understanding of our shortcomings through prayerful reflection.
- Opening oneself to God's presence and allowing His light to reveal areas of sin.

Studying Scripture:

- Engaging with the Bible to learn about God's standards for righteous living.
- Reflecting on biblical passages that address sin, repentance, and forgiveness.
- Allowing God's word to illuminate areas of personal sin.

Acknowledgement:

- Verbally acknowledging our sins to God,
- Experiencing the release and healing that comes from openly admitting wrongdoing.

Examination of Feelings:

- Tuning into emotions like guilt, shame, or regret, which can often signal the presence of sin in one's life.
- Exploring the roots of these feelings to uncover underlying sinful patterns or behaviours.
- Using emotional discomfort as a catalyst for growth and change.

[Proverbs 28:13]

He that covereth his sins shall not prosper; but whoso confesseth and forsaketh them shall have mercy.

Acknowledging sin is a crucial step towards repentance and spiritual growth. It is a process that requires humility, honesty, and a willingness to face our shortcomings.

By actively seeking to identify and confront sin, we can align ourselves more closely with God's will and experience the transformative power of forgiveness and grace.

Turning Away from Sin: Remember Blessed are those who hunger and thirst for righteousness

This may also involve seeking forgiveness from those who have been harmed and making amends for any wrongdoing.

Cultivate Self-Awareness: Remember Blessed are the poor in spirit

Reflection and Journaling: Regularly dedicate time for introspection, pondering your thoughts, words, and actions. Journaling can help you track your progress and identify areas where you need improvement.

Meditation and Prayer: Devote time to quiet prayer and meditation. Connect with God and seek His guidance in uncovering areas of sin in your life.

[Luke 18:9-14]

9 He spake this parable unto certain men, who trusted in themselves that they were righteous, and despised others.

10 Two men went up into the temple to pray; the one a Pharisee, and the other a publican.

11 The Pharisee stood and prayed thus with himself; God, I thank thee that I am not as other men, extortioners, unjust, adulterers; or even as this publican.

12 I fast twice in the week; I give tithes of all that I possess.

13 But the publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God, be merciful to me a sinner.

14 I tell you, this man went down to his house justified, rather than the other; for every one who exalteth himself, shall be abased; and he who humbleth himself, shall be exalted.

Strengthen Your Resolve:

Commit to Change: Make a firm decision to turn away from sin and actively pursue righteousness. This means setting clear goals and developing strategies to avoid temptations.

Seek Support: Surround yourself with positive influences who will encourage and support you on your journey. This could be a faith community, mentors, or close friends who share your values.

Replace Sinful Habits with Virtuous Ones:

Identify Triggers: Recognizing situations or triggers that lead you to sin is crucial. Once you know your weaknesses, you can develop strategies to avoid them.

Practice Virtues: Actively cultivate positive habits and character traits that are the opposite of your sinful tendencies. For example, if you struggle with anger, practice patience and forgiveness.

Embrace God's Grace:

Remember God's Love: Never forget that God's love is unconditional, and He is always willing to forgive a repentant heart. Lean on His grace and allow it to empower your journey.

Celebrate Progress: Do not be discouraged by setbacks. Acknowledge your progress, however small, and celebrate each victory over sin.

Turning Towards God:

[Romans 3:23-24]

23 For all have sinned, and come short of the glory of God;

24 Therefore being justified only by his grace through the redemption that is in Christ Jesus;

Cultivate virtues: Actively focus on developing inner qualities that align with your faith, such as compassion, patience, forgiveness, and generosity.

Simplify your life: Reflect on what truly matters to you and consider decluttering your life from external distractions that might pull you away from your spiritual focus. This could involve simplifying your possessions, media consumption, or social commitments.
Remember God Comes First.

Set positive boundaries: Identify situations or activities that might tempt you to stray from your values and set healthy boundaries to avoid them. This could involve limiting time on social media, choosing supportive company, or politely declining activities that conflict with your faith.

Serve others: Putting your faith into action through acts of service is a powerful way to express your commitment to God and connect with your community. Volunteering, helping

those in need, or simply practicing kindness in everyday interactions can be meaningful ways to show your transformation.

This can be achieved by

- prayer,
- worship,
- study

Transformation of the Heart

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Here we see a shift from Faith in God to Works or action. We need to make positive changes to address our sinful nature and the desires that come with it.

[Galatians 5:25]

If we live in the Spirit, let us also walk in the Spirit.

Deepening love and devotion to God: This can manifest as a growing desire for

- Prayer,
- Bible study
- Worship.

A stronger sense of God's presence and guidance in daily life is also common.

Shifting priorities and values: As the heart aligns with God's will, we may find that things like

- worldly pursuits may lose their appeal.
- Compassion,
- service,
- forgiveness

All become more central, leading to a greater sense of purpose and fulfillment.

Increased peace and joy: Letting go of negativity and bitterness makes space for

- Inner peace.
- Finding joy in simple things and

gratitude for God's blessings become hallmarks of a transformed heart.

Outward Changes:

Positive changes in behavior: As the heart is renewed, harmful habits and addictions often fall away, replaced by self-control, patience, and kindness. Forgiveness and reconciliation with others become natural inclinations.

Greater service and compassion: The love of God overflows into acts of service towards others, leading to involvement in charity, community work, or simply acts of kindness towards those in need.

Living as a witness: Transformed hearts naturally desire to share their faith and God's love with others. This can happen through everyday conversations or acts of service

The transformation of the heart is a **lifelong journey, not a destination**. There will be stumbles and setbacks along the way. But by continually seeking God's grace and nurturing the changes within, us can experience the joy and peace that come from a heart transformed by love.

5. Ongoing Process:

Even the most faithful stumble, and repentance is always available as a path towards reconciliation with God.

While repentance is not a work that earns salvation, repentance unto salvation does result in works.

Transformation through Heart and Mind

[2 Corinthians 5:17]

Therefore if any man live in Christ, he is a new creature; old things are passed away; behold, all things are become new,

Transformation through the heart emphasizes emotions, intuition, and inner values. It speaks to the power of empathy, compassion, and inspiration to ignite change

This path often begins with a shift in values, where the heart leads the way, igniting a passion for a different way of being. The transformation feels intrinsic, fueled by emotions that resonate deeply. However, relying solely on the heart can be susceptible to fleeting feelings and impulsive decisions. Without the guidance of reason, good intentions can sometimes lead to unintended consequences.

Transformation through the mind focuses on logic, analysis, and conscious decision-making. It leverages the power of understanding, planning, and goal-setting to create lasting change.

his path prioritizes rational thought and calculated action.

However, relying solely on the mind can feel cold and impersonal, potentially leading to unsustainable changes made only out of a sense of obligation rather than genuine desire.

the true magic lies in the synergy between heart and mind. When emotions and reason work in tandem, transformation becomes more profound and sustainable. The heart provides the

fuel, the passion, and the "why" behind the change, while the mind provides the strategy, the roadmap, and the "how."

Repentance and Salvation

Repentance, in relation to salvation, is changing your mind from rejection of Christ to faith in Christ.

[2 Corinthians 5:17-18]

17 Therefore if any man live in Christ, he is a new creature; old things are passed away; behold, all things are become new,

18 And receiveth all the things of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;

1. Repentance as Necessary for Salvation:

Repentance is an essential prerequisite for salvation.

This stems from biblical passages like Acts 2:38, where Peter calls people to repent and be baptized to be saved.

Repentance, in this view, signifies a genuine change of heart where one acknowledges sin, expresses remorse, and commits to following Christ. Without turning away from sin and embracing God's will, salvation is considered incomplete or unattainable.

2. Repentance as Evidence of Faith:

Repentance is a natural consequence of genuine faith. When we truly believe in Jesus and His sacrifice, it leads us to a desire for a transformed heart and mind, naturally prompting sorrow for sin and a desire to turn away from it. Repentance then becomes an outward expression of the inward change brought about by faith.

3. Salvation by Grace through Faith:

Salvation is a gift of God's grace received solely through faith in Jesus Christ. While So while repentance is essential it is that it is not a work, we do to earn salvation, but a demonstration of the genuine faith that leads to receiving God's grace.

4. Ongoing Process of Repentance:

Repentance is not a one-time event but an ongoing process throughout life. As we grow in our faith and understanding of God, we are constantly confronted with our shortcomings and called to turn away from sin and seek forgiveness. This continuous process of repentance deepens our relationship with God and strengthens our commitment to living a righteous life.

Faith and repentance

You have to have faith before you see the need to REPENT
But
Your cant Repent unless you have FAITH that you will be forgiven

1. God's Mercy and Forgiveness:

Throughout the Bible, God is portrayed as a merciful and forgiving being. Passages like

[Psalm 103:8]

8 The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

and

[Luke 6:35]

35 But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great; and ye shall be the children of the Highest; for he is kind unto the unthankful, and to the evil.,

emphasize God's willingness to forgive even those who have committed great sins.

2. Repentance as a Prerequisite:

While God's forgiveness is boundless, it is often seen as conditional upon genuine repentance. This involves acknowledging one's sin, feeling remorse, and committing to turning away from it.

[Acts 2:38]

38 Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

3. Faith in Jesus Christ:

forgiveness is ultimately granted through faith in Jesus Christ and his sacrifice. Jesus himself said in John 3:16, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

This belief emphasizes that God's forgiveness is a gift freely given to those who trust in Jesus.

4. Ongoing Process of Reconciliation:

Forgiveness is not always a one-time event. Sin can create distance between us and God, and ongoing repentance and reconciliation are necessary to maintain a close relationship with him.

[1 John 1:9]

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

emphasize the importance of ongoing confession and seeking forgiveness.

Two final verses to ponder

[Psalms 51 :1-2]

1 Have mercy upon me, O God, according to thy loving-kindness; according unto the multitude of thy tender mercies, blot out my transgressions.

2 Wash me thoroughly from mine iniquity, and cleanse me from my sin.

[Psalms 139:23:24]

23 Search me, O God, and know my heart; try me, and know my thoughts;

24 And see if there be any wicked way in me, and lead me in the way everlasting.

Seeking God's Scrutiny: The speaker invites God to search their "heart" and "thoughts," revealing any hidden sin or wrong paths. This expresses a desire for complete transparency and vulnerability before God.

Longing for the Right Path: The speaker asks God to lead them away from any "wicked way" and guide them toward the "way everlasting." This signifies a desire for God's direction and protection, leading towards a life aligned with God's will.

Universality of the Message: While written by David, this prayer resonates with many who wrestle with self-doubt, seeking clarity and a righteous path.