

Repentance

The Greek word for repent is “metanoia” which literally means “to change one’s thinking”, referring to adopting a radically new worldview and lifestyle aligned with God’s ways. This involves “turning and returning” – turning away from a life of sin and returning to God. When we repent, we choose to no longer live for ourselves but for God, with Jesus as our inspiration and role model. Repentance is essential for salvation and is a major theme throughout the Bible, including in the teachings of Jesus himself. The love of God displayed on the Cross should lead us to feel Godly sorrow for our sin and motivate us to repent.

A Consistent Call

Jeremiah 15:19; Ezekiel 14:6; Mark 1:4, 14-15; 6:12

- How consistent has God’s call to repentance been throughout the Bible?
- Repenting involves changing our well entrenched patterns of thinking and being “rewired” to no longer live for ourselves but for God. What do you find most challenging about this?

God’s Desire

2 Peter 3:9

- God is faithful and patient with us, and wants everybody to come to repentance.
- What results from not coming to repentance?

Motivation to Repent

Luke 15:3-7

- What do these parables tell us about how much God wants everyone to come to repentance?
- Why do you think that is?
- What is God’s response when one person repents?

Romans 2:4-5

- What should lead us to repentance?
- What can we expect from God if we are stubborn and unrepentant?

Acts 3:19

- What does repentance bring? How do you think this works?

Ezekiel 18:30-32

- Repentance involves fundamental change (getting a new heart and new spirit).
- What will be the result of not repenting/turning? What will be the result of repenting?

The Fruit of Repentance

Matthew 3:8

- What do you think it means to bear fruit in keeping with repentance?

Galatians 5:19-26

- Repentance involves turning away from sin (living according to the flesh) to living a Spirit-filled life.
- Of the qualities listed in vs 22-23, which do you need to grow the most in?

Genuine Repentance

2 Corinthians 7:10-11

- What are the two types of sorrow mentioned here? What is the difference between them?
- Seven marks of Godly sorrow are listed here. How do you understand the meaning of each?
- What does Godly sorrow bring about? What does worldly sorrow bring about?

Marks of Godly Sorrow (from NIV Bible)

- **Earnestness:** Strong determination to get right with God.
- **Eagerness to clear yourself:** Burning desire to be free from the slavery of sin.
- **Indignation:** Righteous anger directed at our sin.
- **Alarm:** Urgent fear of the consequence if sin is not dealt with.
- **Longing:** Deep craving for a pure heart and reconciliation with God.
- **Concern:** Concern for those that sin hurts, including God.
- **Readiness to see justice done:** Willingness to take responsibility for one's sin and to face the consequences.

An Ongoing Need

Revelation 2:4-5; 3:3, 19

- Jesus is addressing church communities who are not doing well spiritually and is calling them to repentance. What do you learn from this about the nature of repentance?
- What is the role of a healthy, loving church community in helping us to repent continually?

REFLECTION

- Take some time to prayerfully reflect on the love and grace of God displayed on the Cross.
- What is God asking you to change in response to His kindness and patience with you?
- What would your life look like if you were to change your way of thinking and adopt a Biblical worldview, aiming to love fully for God?
- What would be the benefits of doing that?
- What does the Bible say about your destiny if you do not repent?