

## 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. When we repent we choose to no longer live for ourselves but for God, according to the example set by Jesus. Repentance can also be understood as “turning and returning” – turning away from a life of sin to a life of obedience to God. 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.*

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

- What is the common theme in each of these passages, spanning the Old and New Testament?
- To repent means to adopt a completely new way of thinking about the world around us, bringing about a change of lifestyle. What do you find most challenging about the call to repent?

### **2 Peter 3:8-9**

- What is God’s desire for everyone? What is the result of not coming to repentance?

### **Luke 15:3-7**

- What does this parable tell us about the extent of God’s love? What is God’s response when one person repents?

### **Romans 2:4-5**

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

### **Matthew 3:8**

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

### **Galatians 5:19-26**

- Repentance involves deep character change to live a Spirit-filled life.
- Of the qualities listed here, which do you need to grow the most in?

### **2 Corinthians 7:10-11**

- What are the two types of sorrow mentioned here? What is the difference between them?
- What does Godly sorrow bring about? What does worldly sorrow bring about?
- What seven marks of Godly sorrow are mentioned here?

#### Reflection:

- *Take some time to prayerfully focus on the love and grace of God displayed on the Cross.*
- *What do you think God would like 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?*
- *What specific life changes would you make? What would be the benefits of doing that?*

#### **FURTHER STUDY**

**Ezekiel 18:30-32.** Repentance involves getting a new heart and a new spirit i.e. undergoing radical change. What according to this passage does repentance bring? What will be the result of not repenting?

**Acts 3:19.** Why do you think repentance is refreshing?

**Revelation 2:4-5; 3:3,19.** Jesus is addressing Christians who have gone back to some of their sinful ways, and is calling them to repentance. What do you learn from this about the nature of repentance?

**Isaiah 53:4-6; 1 Peter 2:24-25.** Before repentance we are like sheep going our own way - repentance is turning away from that life and returning to the Shepherd and Overseer of our souls. How does this picture help you to understand the heart of God?