



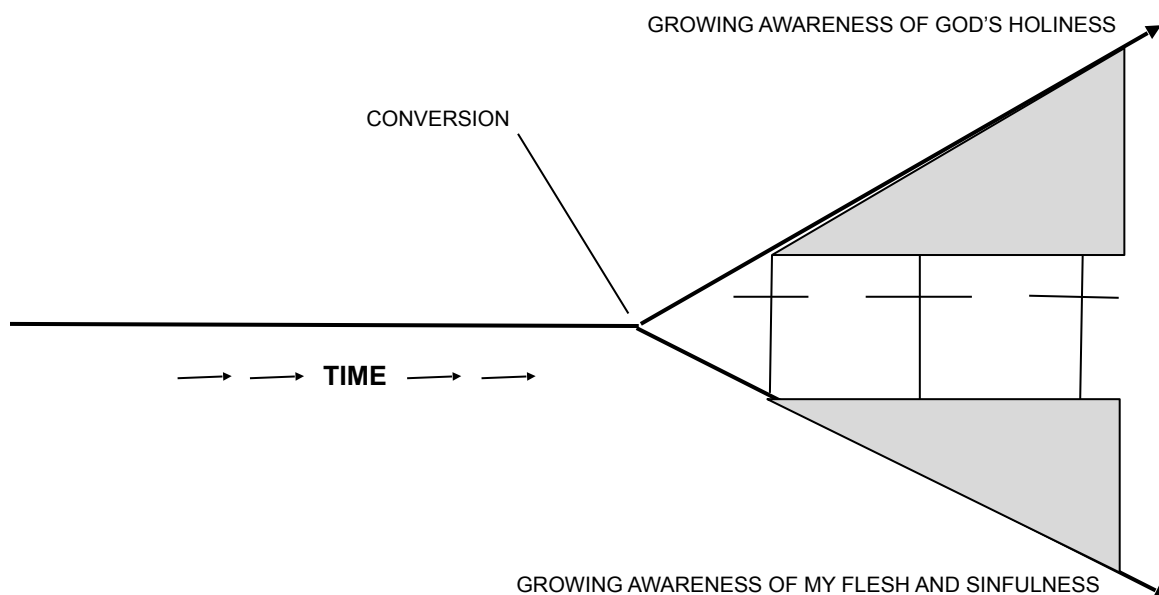
Gospel-Centered Life Class

Session IV: Repentance

Bible Conversation

2 Corinthians 7:5-13.

Lifestyle Repentance



False repentance.

Repentance often becomes more about _____ than about God or the people we've sinned against.

- We want to feel better.
- We want things to be "back to normal."
- We want to know that we've done our part, so that our guilt is assuaged.

Perhaps your effort at repentance sounded like something like this: "I'm sorry I hurt you. I shouldn't have said that. Will you forgive me?" But is this *really* true repentance?

Didn't Jesus say, "Out of the *overflow of the heart* the mouth speaks" (Luke 6:45)?

Though we may have acknowledged our hurtful words, the other person is often feeling the impact of the deeper resentment, anger, envy, or bitterness that lies in our hearts. Unless we confess those sins as well, our "repentance" is not true repentance at all.

Patterns of false repentance of:

_____ and _____ in our dealings with sin.

Two great misunderstandings about our hearts.

First, we think _____ of ourselves.

Second, we think _____ to change ourselves.

True repentance.

1. Is oriented _____, Psalm 51:4, "Against *you, you only*, have I sinned and done what is evil in your sight. . . ."

2. Is motivated by true godly sorrow and not just _____. 2 Corinthians 7:10: "For godly grief produces a repentance that leads to salvation without regret, whereas worldly sorrow produces death."

3. Is concerned with _____, not just with external actions. Psalm 51:10, "Create in me a clean heart, O God, and renew a right spirit within me."

4. Looks to _____ for deliverances from the penalty and power of sin. Acts 3:19-20, "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, and that he may send the Christ who has been appointed for you - even Jesus."

True gospel repentance moves us to _____ and _____.

Sin is a _____, so true repentance is a _____, not just an occasional practice.

Revelation 3:19 says "Those whom I love I rebuke and discipline. So be earnest, and repent."

Exercise: Practicing Repentance

We often make excuses for our sin to avoid the hard work of repentance. Below is a list of some common excuses – and (in parentheses) the inner thoughts they reveal. Take a minute to look over the list and then look at the steps below as we work together through genuine repentance.

- **I was just being honest.** (Can't you handle the truth?)
- **I'm just saying what I feel.** (There's nothing sinful about my feelings.)
- **I was only kidding.** (Didn't you get the joke?)
- **I misunderstood you.** (You're not as crazy as I thought you were!)
- **You misunderstood me.** (I'm not as bad as you think.)
- **That's just who I am.** (I'm a sinner, so that excuses my behavior.)
- **I made a mistake.** (Don't we all?)
- **I didn't mean to do it.** (I didn't mean to get caught.)
- **I'm having a bad day.** (I deserve better.)

Step 1: Acknowledge that you have sinned against God.

Step 2: Confess forms of false repentance and selfish regret (remorse, resolution or other forms).

Step 3: Discern and repent of the underlying heart motivations that drive you to this sin.

Step 4: Receive God's forgiveness by faith.

Step 5: Rely upon God's power to turn away from sin.

Homework!

Getting to the Heart of Forgiveness

In our next meeting we are going to look at forgiveness. Take some time before we meet to answer these questions (You may need a separate sheet of paper).

1. Think of one or two people you need to forgive (or forgive more deeply). If you have a hard time thinking of someone, ask God to reveal someone to you. Here are some scenarios and feelings that might bring someone to mind:

- Someone you have distanced yourself from
- People you feel uncomfortable around
- People you no longer enjoy
- Relational conflicts you keep rehearsing in your mind
- Someone who said or did something that hurt you
- Feelings of anger, bitterness, irritation, fear, gossip, or a critical spirit.

Write down one or two people who come to mind.

2. What irritates or disturbs you most about this person?

3. What issues of “justice” are involved in the situation? How has this person wronged you, hurt you, or sinned against you?

4. What conditions do you instinctively want to place on this person before you truly forgive him or her? In other words, what does your heart want to require from this person before you release him or her? What specifically would you desire the person to say or do?