

# Repentance

Supporting a Life of Intimacy with Jesus Christ

## **Biblical Foundation:**

*1 Kings 8:46-51; Mark 1:15*

### **What is repentance?**

A gift that promotes a re-centering and reorientation of our lives around the presence of Jesus.

### **How do I repent?**

- **Recognize** - Be sensitive to the ways in which we disobey Jesus, believe lies and live from a place of immorality, sinfulness, and toxicity.
- **Renounce** - Through verbal confession and declaration, renounce any agreements made with immoral, unhealthy, or evil choices and/or lifestyle, and secondly, through verbal confession and declaration make new agreements with the truths that Jesus teaches and gives us.
- **Restore** - Adjust your lifestyle, mindset, attitude, and relationship to reflect the health of the new truths that you are living.
- **Reclaim** - Through prayer, acts of compassion, and the work of reconciliation, begin to reclaim what was stolen, broken, or damaged in your life.
- **Reward** - Share your miraculous story of recovery, restoration, and wholeness with others, so that your life is a testimony and a reward to those who are lost, struggling, and need freedom.

### **QUESTIONS TO HELP YOU WALK OUT REPENTANCE:**

1. Understanding that at any given moment I am moving towards Jesus or away from him, in what area of my life do I accept the gift of repentance?
2. Write a prayer of renouncing lies and negative mindsets, and write declarations declaring Jesus' goodness and promises over your life.
3. Share with a friend about who God says you are and why that's important to you.
4. Identify and start a new habit or lifestyle rhythm this week that is in alignment with your identity and purpose.
5. Take a few minutes and dream about how your relationship with Jesus will improve when you gratefully experience repentance as a gift and not guilt.