

SESSION 3

REPENTANCE

Session #3 Teaching: Time to Repent

We have covered a lot of information in this study so far concerning making a conscious decision to walk away from things that may hold you back, not allowing negative thoughts to control you and learning to forgive. All of those topics will help you to find freedom in Christ as you accept your position as a member of the royal family. Today, we will cover the Biblical term for practically turning from ALL of these behaviors... **REPENTANCE!**

From Wikipedia: Repentance is the activity of reviewing one's actions and feeling contrition or regret for past wrongs, which is accompanied by commitment to and actual actions that show and prove a change for the better. In Christianity, it is often defined as an action, **turning away** from self-serving activities and **turning to God**, to walk in His ways.

You may be surprised to learn the word repent in the Greek New Testament simply means to turn around. It was a military term that described a soldier marching in one direction and then doing an about-face. And when it's used in a spiritual sense, it means to change your mind.

So really, repent is a perfect description of what happens when you come to Christ, believing that Jesus Christ is the Son of the God; You do a spiritual about-face, which in turn changes everything. Not only should you change your mind about Christ, but you should change your mind about sin as well as you discover what it really means to honor God. **You realize that it's no longer about performance.** It's about a **heart attitude** that seeks to honor Christ in every aspect of life, so don't be afraid of the word repent, instead, embrace the idea of doing a spiritual about-face, turning to Christ and away from sin in your life!

Acts 3:19-21 challenges us to "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 Messiah, who has been appointed for you—even Jesus. Heaven must receive him until the time comes for God to restore everything, as he promised long ago through his holy prophets."

In today's group, you will review what it means to Repent...So many people today are scared of the word REPENT and avoid using it altogether! In reality, very few actually understand what the word means.

Discuss or Ponder and Review Scripture:

Re-read out loud: Acts 3:19-21 Think about what you've learned so far in this class. Express what a "***time of refreshing***" might look like for you as you make the spiritual about-face. God wants you to picture a healthy future with Him and sometimes, we need to define what that looks like to have the motivation to stick with the repentance process and keep moving in God's direction.

- What areas in your life do you need to make ***spiritual about-face***?
- Talk about how you view "***repentance***" after this conversation verses before.
- Make some ***commitments*** to the group on what you need to repent of and how you will do it.

Prayer Time:

Wrap up by praying for the courage to step out in faith and repent. As you think about repentance and what you learned in this week's session, THIS COMING WEEK, use the LIFE Starter Method to make a personal decision on what YOU need to repent of!