

SESSION 4: RESPECT AND HONOR

- **Welcome & Review Last Week's Homework/LIFE Starters: 15 minutes**
- **Session #4 Teaching: Time to Repent 10 minutes**

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.

Small Group Discussion: 25 minutes

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.

Group Prayer Time: 15 minutes

Wrap up by praying for the courage to step out in faith and repent to be the best mom you can be. That decision requires a change of mind, or repentance, about your way of life. 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!

SESSION #4

WK. 4 DEVO 1

Read Acts 3:19-21 again

Journal about repentance and a "time of refreshing" because of your willingness to repent.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #4

WK. 4 DEVO 2

Read Mark 1:1-15

What does repentance mean to you? What sin do you need to turn from? Without naming it, you can't have victory over it!

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SESSION #4

WK. 4 DEVO 3

Read Acts 2:14-40

Review verse 38 and journal about what it means to you.

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SESSION #4

WK. 4 DEVO 4

Read Luke 13:1-5

Reflect on confession, repentance and obedience and spend time in Listening Prayer and reviewing your LIFE Starter time for the week. Make notes to share with your group!

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I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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