



LEARNING HOW TO

REPENT

BIBLICAL WORDS FOR REPENTANCE

HEBREW

shûb Strong's #7725

This term is found over 1,000 times in the Old Testament, and in the vast majority of its uses refers to a literal change of direction. However, in more than 200 occurrences it refers to Israel or God turning toward or away from one another. The modern idea of repentance is found in turning away from idolatry and from cold-hearted disobedience

nâcham Strong's #5162

This term is found over 100 times in the Old Testament and means to be sorry, or to pity or console oneself. In three of those occurrences it is referring to repentance.

GREEK

metanoëō Strong's #3340

This term is the one most commonly translated in the New Testament as "repentance" and literally means "to change one's mind or purpose, to repent." From this same root comes the noun metanoia: "after-thought, repentance". This is a reversal of thinking. You see yourself differently: as fallen and corrupt.

metamelomī Strong's #3338

This term carries a more emotional implication and literally means "to feel repentance, to rue, regret." In four of the five New Testament occurrences, the ESV translates it as "change(d) his/their mind(s)". From this same root comes the noun metamelos: "repentance, regret"

epistrephō Strong's #1994

Although never translated as "repentance", this word furthers the understanding of God's clear command for a change of mind, a heartfelt sorrow for sin, and a turning from sin. It means "to turn about, turn round; to return; to run towards; to correct, make to repent; to turn oneself round, turn about; constantly turning". This is a change of the will. This is decidedly turning from sin and the ways of sin to follow the ways of Christ.

LITERAL VERSUS NON-LITERAL REPENTANCE

The word 'repent' is not isolated to the 'spiritual turning from sin to God', but is vastly used in the general sense of:

1. Changing direction
2. Returning to a place or person
3. Returning of possessions to the owner etc...
4. Feelings of remorse or grief

However, only references to the 'spiritual turning from sin to God' will be mentioned throughout this paper.

USES OF THE WORD REPENT IN THE OLD TESTAMENT

OF GOD

The word "repent/ed" is frequently used in reference to God. God is said to have repented many times throughout the Old Testament, however it is quite clear that God is completely holy and doesn't need to repent. Where God is said to have "repented" it is referring to three things:

1. God was sorry and grieved in His heart

Genesis 6:6 - *And it repented the LORD that He had made man on the earth, and He was grieved in His heart. (KJV)*

2. God changed His actions

Exodus 32:14 - *So the LORD repented of the evil which He thought to do unto His people (KJV)*

3. God did not change His actions

Isaiah 5:25 - *His anger is not turned away, but His hand is stretched out still (KJV)*

OF MAN

The word "repent" in the OT is predominantly used in reference to man (usually the Israelites). It refers to four things:

1. Man Repented (returned to God)

Hosea 6:1 - *Come, and let us return to the LORD (KJV)*

2. Man remained Unrepentant (did not return to God)

Hosea 7:10 - *But they do not return to the LORD their God (KJV)*

Amos 4:6 - *Yet you have not returned to Me," says the LORD*

3. Man actively turned away from God

Lamentations 1:8...*Yes, she sighs and turns away*

Numbers 14:43 - *"...because you have turned away from the LORD, the LORD will not be with you."*

4. Man is called to Repent

Jeremiah 25:5 - *Turn ye again now everyone from his evil way (KJV)*

Ezekiel 14:6 - *'Thus says the Lord GOD: "Repent, turn away from your idols, and turn your faces away from all your abominations*

USES OF THE WORD REPENT IN THE NEW TESTAMENT

OF MAN

The term 'repent/ance' when used in the New Testament often used to describe the truly God-given, Spirit-led change of heart and mind toward God about sin.

1. The call to Repentance

Acts 3:19 - *Repent therefore and be converted*

2. Lack of Belief and Repentance

Matthew 21:32 - *...you did not believe him...you did not afterward relent and believe him.*

3. Refusal to Repent

2 Corinthians 12:21 - *for many who have sinned before and have not repented of the uncleanness, fornication, and lewdness which they have practiced.*

Revelation 2:21

And I gave her time to repent of her sexual immorality, and she did not repent.

4. Remorse and grief without Repentance

Matthew 27:3-5 - *Then Judas, seeing that He had been condemned, was remorseful... saying "I have sinned by betraying innocent blood"...Then he...departed, and hanged himself.*

5. Man Repents

Matthew 12:41 - *The men of Nineveh will rise up...because they repented...*

Acts 11:21 - *And the hand of the Lord was with them, and a great number believed and turned to the Lord.*

UNDERSTANDING TRUE REPENTANCE

Repentance is the God-granted attitude of having sorrow for personal sin and the turning away from it towards a new life.

WHAT REPENTANCE IS & WHAT IT IS NOT

REPENTANCE IS

1. Humbling – **Luke 18:9-14**
2. A gift and work of God – **Act 5:31; Acts 11:18; 2 Timothy 2:24-26**
3. An act of faith in Jesus – **Mark 1:15**
4. A complete change of thought or mind – **Romans 12:2**
5. A completely changed life – **Acts 9:20-25**
6. A turning from sin to serve God – **1 Thessalonians 1:9**
7. Godly sorrow – **2 Corinthians 7:10**
8. An acknowledgment of your sin – **Samuel 11:12**
9. A prerequisite for forgiven of sins – **Acts 26:18**
10. A prerequisite for salvation and life – **Acts 3:19; Acts 11:18**
11. A prerequisite for receiving the Holy Spirit – **Acts 2:28**
12. A commandment – **Acts 17:30**
13. An outward change of action - **Acts 26:20**

REPENTANCE IS NOT

1. Pride – **Luke 18:9-14**
2. A good work that we do for God – **Ephesians 2:8-9**
3. Not from man – **John 1:13; Jeremiah 13:23; James 1:18**
4. Simply feeling sorry for what you have done – **Matthew 27:3; 2 Corinthians 7:10**
5. Simply being grieved for the consequences of your disobedience – **Luke 13:3; Exodus 9:27-30**
6. Turning from something and then turning back to it - **Luke 17:31; Galatians 4:9; 2 Peter 2:22; Exodus 9:34**

THE 2 SIDES OF THE COIN



THE INSEPERABLE GRACES - REPENTANCE & FAITH

Repentance and faith are like two sides of a coin. You can tell the difference between them but you cannot separate them.

Mark 1:15

Repent, and believe in the gospel

Acts 20:21

testifying to Jews, and also to Greeks, repentance toward God and faith toward our Lord Jesus Christ

Hebrews 6:1b

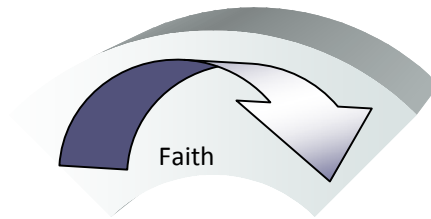
the foundation of repentance from dead works and of faith toward God

Although 'salvation' is a completely different topic, it is not isolated. It is important to note that without true repentance one can not be saved. Conversion is that voluntary change in the mind of the sinner, in which he turns, on the one hand, from sin, and on the other hand, to Christ. Without one of those 2 things, conversion can not occur...together they are evidence of the Holy Spirit at work within the soul of a man.

THE 180° TURN

- Recognition that we need Christ
- Believing in the death and resurrection of Jesus and the full counsel of God

Turning to Christ

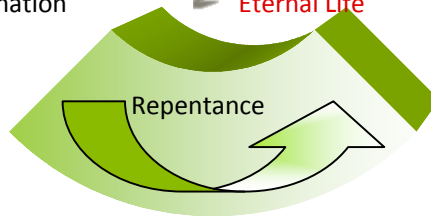


SIN

- Self Righteous
- The Works of the flesh
- We are Carnal beings
- Eternal damnation

SALVATION

- Righteous through Christ
- The Fruits of repentance & Faith
- We become Spiritual beings
- Eternal Life



Turning from sin

- Living a new life according to the will of God
- Change of attitude, affection and direction
- Renouncing all religious pride, all independence from God and all unclean or dishonest practises.

THE CONSTITUENT ELEMENTS OF REPENTANCE

THE HUMAN ELEMENT

The *intellect* must function, the *emotions* must be aroused, and the *will* must act

The Intellect

Repentance is that change of a sinner's mind which leads him to turn from his evil ways and live. Man must recognise that his sin is abhorrent, God's Law as faultless and uncompromising, and himself as falling short of God's requirements (Job 42:5-6; Ps 51:3; Rom 3:20). Knowledge of sin without from it however, is not repentance.

The Emotion

Feelings such as "grief" or "remorse" for sin, are necessary for repentance, however these emotions can be premised on 2 completely different viewpoints, of which the second does not lead to repentance:

1. Godly sorrow
 - Hatred and abandonment of sin - **2 Cor 7:9-10; Ps 51:1-2, 10-14**
 - Leads to Life
2. Worldly sorrow
 - Continuance in sin with the dread of punishment
 - Matt 27:3; 27:4; Luke 18:23; Ex 9:27; Num 22:34; Josh 7:20; 1 Sam 15:24**
 - Leads to Death

The Will

Repentance only occurs within volition. Complete and sincere turning to God involves both the apprehension of the nature of sin and the consciousness of personal guilt (Jer 25:5; Mark 1:15; Acts 2:38; 2 Cor 7:9-10). The demand for repentance implies free will and individual responsibility.

THE SIN ELEMENT

Conviction - sin is admitted

Man must see himself as unlike God and in rebellion against God. He must see the opposition between his condition and the holiness of God. He must see that God abhors his condition and state. The recognition of sin that enters into repentance unto salvation is concerned primarily, not with the fact that sin brings punishment, but with the fact that sin offends God. There is, of course, a fear of the eternal consequences of sin; but this is not the primary thing.

This recognition of sin is conviction, and it constitutes the *intellectual element* in repentance.

Contrition - sin is abhorred

Godly sorrow enters into repentance. When one sees himself as he appears before God he is brought to regret his sin and to abhor it. This is the *emotional element* in repentance.

Conversion - sin is abandoned

Repentance is not complete until there is an inward abandoning of sin which leads to an outward change of conduct. This is the *voluntary or volitional element* in repentance.

Thus repentance concerns the whole inner nature: *intellect, emotion, and will.*

FROM THE ROOT TO THE FRUIT

Matthew 3:8

Therefore bear fruits worthy of repentance

2 Timothy 2:23-25

And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient, in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth,

Luke 3:8-11 therefore bear fruits worthy of repentance



Repentance begins with God and ends with us!

GOOD FRUIT VS BAD FRUIT *Where are you?*

WORKS OF THE FLESH <i>Those who practice such things will not inherit the kingdom of God</i>	FRUIT OF THE SPIRIT <i>Against such there is no law</i>
Galatians 5:19-21	Galatians 5:22-23
<ul style="list-style-type: none"> ➤ Outbursts of wrath ➤ selfish ambitions ➤ dissensions ➤ heresies ➤ envy ➤ murder ➤ drunkenness ➤ revelries 	<ul style="list-style-type: none"> ➤ Adultery ➤ Fornication ➤ uncleanness, ➤ lewdness ➤ idolatry ➤ sorcery ➤ hatred ➤ contentions ➤ jealousies
<ul style="list-style-type: none"> ➤ love ➤ joy ➤ peace ➤ longsuffering ➤ kindness ➤ goodness ➤ faithfulness ➤ gentleness ➤ self-control 	

Repentance is not the new deeds, but the inward change that bears the fruit of new deeds.

UNDERSTANDING = MANIFESTATION

Biblical repentance consists of two mental assertions and understandings, which if genuine, always manifest themselves in two outward ways:

1	<i>Genuine Understanding</i> = <i>Outward Working</i>	a true sense of one's own guilt and sinfulness, which results in an actual hatred of sin and turning from it to God.
2	<i>Genuine Understanding</i> = <i>Outward Working</i>	an understanding of God's mercy in Christ, which results in a persistent endeavor after a holy life walking with God in the way of his commandments

BLESSING OR CURSE

THE COMMAND TO REPENT

Repentance involves turning from lawlessness and submitting to the Law of the LORD. Below is a list of things that are commanded to us throughout the Old and New Testaments.

THE LAW Genesis, Exodus, Leviticus, Numbers, Deuteronomy

- Do the Word, without turning aside
- Diligently Obey His voice
- Love the Lord you God
- Walk in His way
- Carefully observe and keep His commandments, statutes and judgments that are written in the Book of the Law
- Seek the Lord your God with all your heart and soul
- Turn/Return to the Lord and cling to Him
- Do not go after other Gods to serve them

HISTORY Joshua, Judges, Ruth, 1&2 Samuel, 1&2 Kings, 1 &2 Chronicles, Ezra, Nehemiah, Esther

- Cross over from your land of uncleanness to the land of possession of the Lord
- Do not rebel against the Lord
- Cease from your own doings and stubborn ways
- Turn/Return to the Lord with all your heart and soul
- Put away foreign Gods
- Prepare your heart for the Lord and serve Him only
- Pray, confess His name, and seek His face
- Acknowledge and turn from sin & wickedness
- Humble yourself
- Follow His commandments, statutes and judgments

WISDOM Job, Psalm, Proverbs, Ecclesiastes, Song of Solomon

- Fear the Lord and Return to Him
- Turn from iniquity
- Obey and serve Him
- Acknowledge your transgressions

MAJOR PROPHETS Isaiah, Jeremiah, Lamentations, Ezekiel, Daniel

- Return to the Lord
- Wicked forsake their ways and the unrighteous man his thoughts, and repent
- Listen and turn from transgression, evil ways and doings
- Acknowledge your iniquity and transgression against the Lord
- Put away your abominations from His sight
- Remove the precious from the vile
- Make your ways and doings good
- Dwell in the land that the Lord has given you
- Do not go after other gods to serve them
- Search and examine our ways
- Keep His statutes, and Law

MINOR PROPHETS Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi

- Return and seek the Lord
- Fear the Lord and His goodness
- Cry out to him with all your heart
- Wait on God continuously, with fasting, weeping and mourning
- Rend your heart, not your garments
- Turn from your evil ways

GOSPELS AND ACTS Matthew, Mark, Luke, John, Acts

- Repent
- Be converted
- Believe the gospel
- Turn from useless things to the Lord
- Be baptized in the name of Jesus Christ
- Do works befitting repentance

EPISTILES AND REVELATION

Romans, Corinthians, Galatians, Ephesians, Philippians, Colossians, Thessalonians, Timothy, Titus, Philemon, Hebrews, James, Peter, John, Jude, Revelation

- Repent of uncleanness, fornication and lewdness
- Turn from idols toward the living God and serve Him
- Remember from where you have fallen, repent and do first works
- Remember how you have received and heard, hold fast and repent
- Be zealous and repent of the works of your hands

THE CURSES OF UNREPENTANCE

- The Lord will not be with you
- The Lord will not listen to your voice nor give ear to you
- You will utterly perish
- You will be scattered, struck with madness, blindness, confusion of heart
- You shall grope at noonday and a blind man gropes in darkness
- You shall not prosper
- You shall be oppressed and plundered continually
- No one shall save you
- These curses shall pursue you and overtake you until you are destroyed
- You will hunger and thirst in nakedness and in need of everything
- He will put a yoke of iron on your neck
- He shall besiege you until your fortified walls in which you trust come down
- Just as the Lord rejoiced over you to do good, so He will rejoice over you to destroy you and bring you to nothing
- You will find no rest, Your life shall hand in doubt before you
- The Lord will give you a trembling heart, failing eyes and anguish of soul
- You shall be offered for sale to your enemies, as slaves, but no one will buy you
- The Lord will uproot you from the place which He gave you
- You will be delivered into the hands of your enemies and serve them
- Die without knowledge in your iniquity

THE BLESSINGS OF REPENTANCE

- The lord will bless you
- You will find the Lord
- He will not forsake you, nor destroy you
- Set you high above all nations of the earth
- Bring you out of captivity, and gather you from being scattered
- The Lord will have compassion on you
- Circumcise your heart to love the Lord with all your heart and soul
- You may live
- Abound in the work of your hand and fruit of your body
- The Lord will rejoice over you
- You will dwell in the land of the Lord
- The Lord will deliver you
- Forgiveness of sins
- The Lord will teach you the good way in which to walk
- His eyes will be open and attentive to your prayer
- Sanctification – the Lord's name, eyes and heart will be with you perpetually
- The Lord will not turn His face from you
- Bring you to His dwelling place
- He will build you up
- He will remove iniquity far from you
- Prosperity and pleasure
- Redemption with justice, and righteousness
- Obtain joy and gladness
- Sorrow and sighing shall flee
- Mercy and pardon
- The Spirit will be on you and His word shall be in your mouth
- He will be merciful and not angry
- He will give you shepherds who will feed you with knowledge and understanding
- You shall not be moved
- You shall stand before God
- You shall be as His mouth
- He will relent from disaster
- He will give you a heart to know Him
- We shall be His people
- He will not harm you, He will relent
- Forgiveness of iniquity and sin
- Restored and renewed and refreshed
- Transgressions will be blotted out
- He will heal your backsliding and love freely
- The Lord will return to you
- Receive an inheritance among the sanctified

REPENTANCE IN THE BELIEVER

THE OUTWARD MANIFESTATION

WHAT DOES IT LOOK LIKE?

Luke 6:45

A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.

Unless you're God, you can't see inside someone else's heart, nor the inner depths of your own. But Jesus has clearly indicated, in the above verse, that the state of our heart is visible from the outside. So the repentant heart should be easily distinguishable from the old unrepentant heart.

All too often, the repentant heart is seen as: *We sin and then we say that we are sorry.*

The proper way to apply a repentant heart is to test our actions before we do something, so that we don't have to say we're sorry. We are to live the way God wants us to live - first.

Some will say, "We all sin. It's impossible to live that way." But that statement is a cop-out...it's just a way of excusing ourselves from even trying. And if we don't try to live a sinless life, we never will; thus we make our statement a self-fulfilling prophecy.

God gave us the ability to live as He desires us to live; and we must work at it, if we are to be successful. Paul gives us examples of how to lead with our heart:

Ephesians 4:1-13

I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love, endeavoring to keep the unity of the Spirit in the bond of peace.

This is the challenge. So how do we do it?

The best place to start would be the Beatitudes.

Matthew 5:1-10

*Blessed are the poor in spirit, for theirs is the kingdom of heaven.
 Blessed are those who mourn, for they shall be comforted.
 Blessed are the meek, for they shall inherit the earth.
 Blessed are those who hunger and thirst for righteousness, for they shall be filled.
 Blessed are the merciful, for they shall obtain mercy.
 Blessed are the pure in heart, for they shall see God.
 Blessed are the peacemakers, for they shall be called sons of God.
 Blessed are those who are persecuted for righteousness' sake,
 for theirs is the kingdom of heaven.*

Each of these states of heart should produce an outward change:

THE ATTITUDE	THE FRUIT
Poor in Spirit	<ul style="list-style-type: none"> ◆ Humble before God and man ◆ Not proud or boastful ◆ Fully dependant on God which is lived out through faith and longsuffering
Those who mourn	<ul style="list-style-type: none"> ◆ Deep grief for their sin ◆ Deep grief for grieving God ◆ A turning from sin which produces pain through denying the flesh
Meekness	<ul style="list-style-type: none"> ◆ Enduring hardship, without resentment ◆ Bridling the tongue bringing, it into submission to God ◆ Quick to hear, slow to speak and slow to anger
Hunger & Thirst for Righteousness	<ul style="list-style-type: none"> ◆ Are not self righteous ◆ Living and breathing the Word of God ◆ Proactively turning from their sin and walking in the Light of Christ ◆ Active prayer life ◆ Receives correction graciously
Merciful	<ul style="list-style-type: none"> ◆ Forgives those who do wrong against them ◆ Display the heart of God toward all
Pure in Heart	<ul style="list-style-type: none"> ◆ Casts down anything that exalts itself against the knowledge of God ◆ Bring every thought into captivity to the obedience of Christ ◆ Obedience in the now
Peacemakers	<ul style="list-style-type: none"> ◆ Do not stir up trouble ◆ Bring the knowledge of God into situations ◆ Thinks of other first ◆ Uses Godly wisdom when discerning between actions
Persecuted for Righteousness sake	<ul style="list-style-type: none"> ◆ The outward manifestation of Christ in ones life would lend them to some sort of persecution ◆ Those that aren't living righteously won't be persecuted for doing so ◆ Displays long suffering and conviction

TIME TO EXERCISE

A large, light-colored clock face with Roman numerals is the background. A silhouette of a person is shown in a yoga or stretching pose, with one leg raised and arms extended, positioned in the lower half of the clock face.

How has this study challenged you with regard to your repentance?

Do you see areas in your life where you need to display a repentant attitude? List them...

James 1:22 calls us to action. Use the next section to take action in your own life with regard to repentance.

Until you get specific about areas of your life that need change, and steps toward changing them, you will never get serious about making those changes. This SMART guide is not for the feint hearted...get real with yourself, or go home!

SPECIFIC

Identify specific areas that need change. These might be:

- Sins of Comission or Omission
- Conscience Issues
- Lifestyle, Thoughtlife

MEASURABLE

For you to be able to see if there has been a change, you need to have something to measure it against. Things to consider:

- How often do you have problems in each area
- To what degree are you involved
- What is your aim with regard to changing this area

ACHIEVABLE

In this section you need to consider what *can* be achieved. We are not here to set goals that 'look good', we are here to set goals that you can achieved in the time frame that you have set. You may have a long term goal that is perhapse the ideal place to be, but on the way to that goal we need to have other smaller and more achievable goals. Things to consider when making achievable goals:

- How much time you have available
- Other comittments in your life
- Resources that may not or may not be available
- Financial considerations

REALISTIC

We all know that setting unrealistic goals can only lead to disapointment and failure. It may seem honourable to decide that from this moment forward you are never going to sin again, but realistically, that's just not achievable. Any movement forward is a possitive step toward a new repentant life, and remember, repentance *is not* about turning from something and then turning back to it. Thus to ensure that we are able to maintain our walk away from our sin, we need to make sure that we are setting realistic goals. Some examples of realistic goals could be:

- Cutting back the number of hours that you spend watching TV, **as opposed to**, never watching TV again
- Reducing the number of drinks that you have, or how often you drink **as opposed to**, going cold turkey
- Spend 10 minutes a day reading you bible, **as opposed to**, diving into a full blown study

TIMETABLED

Write it down!! Have a look at the example on the next page.

GOAL SETTING

Examples:

SPECIFIC Name the areas in need of change	MEASURABLE Detail the current situation	ACHIEVABLE & REALISTIC GOALS		
		LONG TERM	1 ST GOAL	
			Aim	Action
Bad TV Habits	Monday to Friday, 2 hours per day	<i>No TV during the week</i>	Only watch 1½ hours per day this week	Give up one show per night
	Saturday & Sunday, all night	<i>Only watch TV on Saturday night for movies/footy</i>	Only watch TV after attending prayer meeting	Make myself accountable to someone at church
	Like to watch the <i>adult</i> shows on Foxtel and DVD's	<i>No pornographic viewing</i>	Don't watch adult shows on TV	Unsubscribe to the adult channels on Foxtel
Poor Church Attendance	I only attend church when I feel like it. Usually only every second week	<i>Attend church every week</i>	Attend church every week for the next 4 weeks	Make myself accountable to someone at church
	I always arrive after the worship time	<i>Arrive 10 minutes early for fellowship</i>	Get to church in time for worship	Set my alarm for 9:30am
	I always leave as the preacher finishes in prayer	<i>Stay behind for 20 minutes for fellowship and pack-up</i>	Wait until the preacher has finished praying before leaving	Be in view of my accountability partner
Excessive alcohol consumption	Monday to Friday, 5 beers per night	<i>Only 1 beer per day</i>	Only drink 4 bottles worth of beer each day	Leave a ¼ of a bottle left in each bottle
	Saturday and Sunday, drink all day	<i>Only soicial drinking</i>	Start drinking later in the day	1 st drink after 10am Saturday 1 st drink after church Sunday

NOW IT'S YOUR TURN

SPECIFIC Name the areas in need of change	MEASURABLE Detail the current situation	ACHIEVABLE & REALISTIC GOALS		
		<i>LONG TERM</i>	1 ST GOAL	
			Aim	Action