

Bible Study Guide: From Repentance to Renewal – Living as a New Creation

 Source Transcript:

Big Idea

Repentance is not just about feeling sorry—it is about transformation, where God restores our identity and leads us into a new life through Christ.

Theme

Lent is a journey of surrender, renewal, and daily dependence on God, moving us out of cycles of guilt and into a new identity as restored children of God.

Core Scriptures

2 Corinthians 5:17

“If anyone is in Christ, he is a new creation...”

Ezekiel 36:26

“I will give you a new heart and put a new spirit in you...”

John 15:5

“Apart from me you can do nothing.”

Romans 7:15

“I do not understand what I do...”

Introduction: Breaking the Cycle

Many people live in a cycle:

- Sin
- Guilt
- Shame
- Repeat

Key Insight:

“Sin creates a repeat cycle—but God offers restoration.”

The Problem

We often:

- Replay our failures
- Define ourselves by past mistakes
- Believe we cannot change

The Truth

God invites us to:

- Repent
 - Be restored
 - Become new
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Main Point 1: Repentance Is More Than a Fix—It’s a Change

Explanation

Repentance is not:

- Temporary regret
- A quick apology

It is:

- A turning of the heart
- A transformation of life

“Repentance is not a fix—it’s a change.”

Spiritual Truth

True repentance:

- Leads to new direction
- Leads to new thinking

Application

- Am I truly changing—or just apologizing?

- What needs to turn in my life?

Sticky Quote:

“Repentance changes direction—not just behavior.”

Main Point 2: Sin Tries to Keep You Stuck

Explanation

Sin creates a loop:

- Shame
- Self-condemnation
- Repetition

“Sin keeps hitting replay in your life.”

Spiritual Truth

The enemy uses:

- Guilt
- Lies
- Shame

To keep you trapped

Application

- What cycle am I stuck in?
- What lies am I believing?

Sticky Quote:

“Shame keeps you stuck—truth sets you free.”

Main Point 3: God Offers Restoration, Not Condemnation

Explanation

God does not want:

- To shame you

He wants:

- To restore you

“God wants to restore what you cannot fix.”

Spiritual Truth

Through Christ:

- Sin is forgiven
- Identity is restored

Application

- Do I believe God can restore me?
- What am I still holding onto?

Sticky Quote:

“God doesn’t just forgive—He restores.”

Main Point 4: Your Identity Is Not Your Past

Explanation

The world says:

- You are your mistakes

God says:

- You are a new creation

“The old has passed away—the new has come.”

Spiritual Truth

Your identity is:

- Defined by Christ
- Not your failures

Application

- Am I living from my past or my identity in Christ?
- What labels do I need to release?

Sticky Quote:

“Your past is not your identity.”

Main Point 5: God Gives You a New Heart

Explanation

God does not:

- Repair your old self

He:

- Replaces it

“He doesn’t fix the old heart—He gives you a new one.”

Spiritual Truth

Transformation is:

- Internal
- Spiritual
- Complete

Application

- What is God changing inside me?
- Am I allowing that change?

Sticky Quote:

“God replaces what you cannot repair.”

Main Point 6: Repentance Keeps God in His Rightful Place

Explanation

When we stop repenting:

- We take control

When we repent:

- We surrender

“Repentance keeps God on the throne.”

Spiritual Truth

Repentance:

- Aligns us with God
- Keeps us dependent

Application

- Who is on the throne of my life?
- Where have I taken control?

Sticky Quote:

“Repentance realigns your life with God.”

Main Point 7: We Cannot Do Life Without Jesus

Explanation

Jesus says:

“Apart from me you can do nothing.”

Spiritual Truth

Without Christ:

- We fail
- We struggle
- We fall back into sin

Application

- Am I trying to do life on my own?
- Where do I need to depend on God?

Sticky Quote:

“You cannot live the new life without Jesus.”

Main Point 8: Transformation Is a Process

Explanation

Spiritual growth:

- Takes time
- Includes struggle
- Includes failure

“It’s a journey—not a sprint.”

Spiritual Truth

Growth includes:

- Falling
- Learning
- Rising again

Application

- Am I discouraged by the process?
- Am I giving up too quickly?

Sticky Quote:

“Transformation happens over time.”

Main Point 9: The Spirit Produces New Life in You

Explanation

As we walk with God:

- Our reactions change
- Our attitudes change

Spiritual Truth

The Spirit produces:

- Love
- Patience
- Grace
- Mercy

“The Spirit begins to take over your life.”

Application

- What fruit is growing in my life?
- Where do I need the Spirit to lead?

Sticky Quote:

“New life produces new fruit.”

Main Point 10: Lent Prepares Us for Resurrection Life

Explanation

Lent leads to:

- Easter
- New life
- Eternal hope

“Lent brings us to resurrection.”

Spiritual Truth

Through this journey:

- We are changed
- We are renewed
- We are strengthened

Application

- How is God preparing me?
- What is He bringing to life in me?

Sticky Quote:

“Lent prepares you to live resurrected.”

Discussion Questions

1. What cycle of sin or guilt have you experienced?
 2. How do you understand repentance?
 3. Do you struggle to accept your new identity in Christ?
 4. Where are you trying to control instead of surrender?
 5. What is God transforming in your life right now?
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Practical Application Steps

1. Practice Daily Repentance

- Reflect and confess regularly

2. Reject Shame

- Speak truth over your identity

3. Stay Dependent on Christ

- Pray and surrender daily

4. Embrace the Process

- Be patient with your growth

5. Walk in New Identity

- Live as a new creation

Closing Prayer

Father,
Thank You for Your grace and restoration.

Help us to repent fully,
to release shame,
and to embrace the new life You give.

Teach us to depend on You daily
and to walk in transformation.

Renew our hearts,
strengthen our faith,
and lead us into the fullness of life in Christ.

In Jesus' name, Amen.

Final Takeaway

You are not trapped in your past—through repentance and Christ, you are restored, renewed, and made completely new.