

Why Repentance?

Matthew 4:17 From that time on Jesus began to preach, "Repent, for the kingdom of heaven is near."

It's easy to miss the mark of biblical repentance. In fact, the Apostle Paul tells that there are two types of sorrow: worldly and godly. Both make you feel bad, yet only one produces right repentance. 2 Cor 7 that "godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death."

It's easy to approach repentance like a work that's up to you alone, an emotion, or a resolve, or maybe even something that's unnecessary. Here are three 2 sided coins to consider when thinking about true biblical repentance. Biblical Repentance is both...

1 Repent & Believe

The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!" - Mark 1

When [the Holy Spirit] comes, He will convict the world of sin and righteousness and judgment-]John 14

Biblical Repentance always goes hand in hand with belief - you can't truly repent without believing! You can't turn away from something without turning to something! Just as faith is a gift, so too is the ability to repent! We repent because we are saved and brought into a relationship with the Father. It's in our nature as children to turn back to their fathers! Repentance is a Spirit-enabled gift because God is Father and we are his children!

2 Volitional and Emotional

Acts 2:38 Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.

It's easy to think that repentance is all a feeling, something driven by emotions. It's also easy to feel guilty for at times not feeling either.

The reality is that repentance involves both a thoughtful/ willful decision to turn as well as the heart desire / sorrow! Repent in the Greek is *metanoō*: *metá*, "changed after being with" and *noiēō*, "think". It's amazing to think that to repent means to turn your way of *thinking* that leads to a turn of the heart. It involves both.

3 Sorrow and Joy

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord - Acts 3:19

Repentance is *turning to joy in Jesus, again!* This is the goal and end of why repentance! It's because of Christ is the motive of repentance, the end of repentance and the means to repent!

There is repentance and relational restoration. Yes restoration takes time while repentance happens in an instant. Do you experience Joy in Jesus through repentance? See also Ps 51:12!

How (do we) repent?

1. Repent

- a. *What sin do I need to confess and repent of?*
- b. *What could be the root sin (unbelief, pride, selfishness, self-righteousness, etc.)?*
- c. *What is my chief temptation here?*
- d. *How do I love to disobey in this area?*
- e. *How am I worried? Angry? Fearful?*
- f. *How is the Holy Spirit convicting me of sin?*

2. Believe

- a. *How has Christ forgiven me?*
- b. *How does he love me here?*
- c. *How can I rest in Christ's righteousness and finish(ed) work?*
- d. *How is the Holy Spirit creating faith in Christ in me?*

3. Obey

- a. *How am I called to obey in this situation?*
- b. *How is the Holy Spirit prodding me on toward love and good deeds?*
- c. *What action grows naturally out of Christ's work in my life?*
- d. *What means of grace can I practice here? Scripture? Prayer? Fellowship? Other?*