

TIMES OF REFRESHING

“STRINGS ATTACHED” SERIES – PART 2

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MARCH 8, 2026

JOHN 15:1-4 NIV

“I am the true vine, and my Father is the gardener. **He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.** You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. **Neither can you bear fruit unless you remain in me.**

2 PETER 3:9 NIV

The Lord is patient with you, not wanting anyone to perish, but everyone to come to **repentance.**

ACCEPT WHAT IS TRUE

PSALM 51:6; PSALM 26:2; HEBREWS 4:12-13; JEREMIAH 17:9-10

- Repentance begins with humility before God, not self-justification. We invite God to reveal what we cannot see in ourselves.
- Truth is not determined by our feelings, past experiences, or relational pressure — truth is revealed by God’s character and Word.
- We stop defending sin and start allowing God to define what is life-giving and what leads us away from Him.

PSALM 139:23–24

Search me, God, and know my heart... see if there is any offensive way in me.

ADMIT WHERE YOU ARE WRONG

PSALM 32:3-5; 1 JOHN 1:8-9; JAMES 5:16

- Confession is agreeing with God about sin rather than minimizing, excusing, or rationalizing it.
- Healing begins when we take full responsibility for our words, actions, attitudes, and choices.
- Hiding sin protects pride but keeps the heart trapped; confession releases mercy.

PROVERBS 28:13

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

ARTICULATE YOUR UNDERSTANDING, YOUR REMORSE, & YOUR PLAN TO CHANGE

PSALM 51:17; JOEL 2:12-13; ACTS 26:20; ISAIAH 55:6-7

- Godly sorrow is not shame — it is grief that recognizes sin damages relationship with God and others. Godly sorrow creates pathways of change that lead to transformation.
- Understanding why sin is harmful helps break the cycle of repeating it. Repentance is not only emotional; it is intentional and thoughtful.
- True repentance includes a clarified plan to change — choosing practical steps that move the heart and behavior away from their current state.

2 CORINTHIANS 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret.

ASK FOR FORGIVENESS

PSALM 51; PSALM 130:3-4; EPHESIANS 1:7; COLOSSIANS 2:13-14

- God is FAITHFUL (He keeps His promises to forgive) and JUST (He already paid the price for forgiveness)
- God does not reluctantly forgive. He faithfully restores those who come to Him.
- When asking someone for forgiveness, use the question, "Will you forgive me?"

1 JOHN 1:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

APPLY YOURSELF TO RESTORATION

EPHESIANS 4:28; LUKE 19 (ZACCCHAEUS); JAMES 1:22

- Repentance produces visible fruit — changed behavior, renewed character, and transformed priorities.
- When possible, restoration includes making things right with people affected by our sin.
- Repentance is not complete until our heart and actions have turned in restoration and reconciliation.

LUKE 3:8

Produce fruit in keeping with repentance.

ACTS 3:19

Repent, then, and turn to God, so that your sins may be wiped out, **that times of refreshing may come from the Lord.**