

Thesis: Thanksgiving comes by Believing the Gospel.

I. We are Sinners

- A. **Paul is honest.** This is first part of confession and repentance. Being brutally honest.
- B. **Believers are still sinners.** Now & not yet of gospel. We're saved, we're being saved.
- C. **It's a Battle.** Conflict. Competing desires/wills/laws. New Man (spirit) vs. Old Man (flesh)
- D. **Galatians 5:17:** *"For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do."*

II. We have a Savior

- A. **Jesus is a friend for sinners.** He doesn't leave. He loves. You can't disappoint Him, because He knows you're a sinner. He knows when you'll fail and struggle and give in.
- B. **He forgives.** He really does. He takes all of your sin on the cross. Died for it all.
- C. **He sets you free now.** From the guilt and shame of your sin when you repent.
- D. **He sets you free for eternity.** One day, we won't sin anymore. No more repentance. No more battle. No more struggle. No more guilt, hiding, shame, hating yourself for your fail.
- E. **The result is thanksgiving and joy!** What other response could there be when you experience this kind of freedom and forgiveness?

ILLUSTRATION: Ukrainian citizen interview this week. Recaptured city. **Izium.** We don't have much food, water, power or heat. But there are no Russians! So we are happy!

APPLICATION: When you experience the freedom of the forgiveness of the gospel and the love of Jesus for you as a sinner, all other cares and worries seem to disappear at least for a time, and you feel joy and thanksgiving.

1. So what is Repentance? ABC:

- A) **Admit.** Confess your sins. Name it for what it is. Specifically and completely. Particularly. If you're holding anything in or back, hiding it, keeping it for yourself, you won't experience the freedom that the gospel offers. If you really believe it's all forgiven, you can bring it all out.
- B) **Believe.** The Gospel. You're forgiven. It's gone. Nailed. Paid for. Done. You don't have to beat yourself up. You don't have to be surprised or in doubt of what you actually did. I can't believe I did that. You did it. You confessed it. Now you're free. You can have relief. Burden lifted. You're lighter. Breathe.
- C) **Continue.** In the power and help of the Holy Spirit. In obedience. In trust. In faith. Pursuing love and holiness. Hating sin.

2. Diagnostic Questions after Repentance:

- > **Do you really hate the sin?** Or just the consequences of it? Getting caught? Fall out of relationships? Punishment? Shame? Embarrassment? Do you hate that you did it? Do it? Do you hate it in the process? Are you at war within yourself?
- > **Do you have conviction?** Does it burden you? Weigh on you? Eat away at you? Make you sick? Uncomfortable? Uneasy? Distract you? Fill your thoughts?
- > **Is it complete?** Does it feel complete? Do you feel like maybe there's more you should say? Is there more you could say? Are there parts your holding onto out of shame or out of a desire not to quite let go of it? Part you're not ready to give up yet?
- > **Is there freedom?** Do you feel relief? Lighter? Better? Joy? Thanksgiving? Is your conscious free or is the more holding you back from experiencing that lightness?
- > **Is there hope?** Do you look forward to the day when you won't have to deal with sin anymore? Struggle anymore? Fight anymore? Repent anymore?