

Why and How to Repent

As we go through this teaching today, please do not turn it off because you are feeling guilty or hopeless. At the end of this teaching, I will give you the hope and assurance in Jesus Christ that you need to spiritually wash your sins away. We will be learning about sin from the Old and New Testament of the Bible.

Teaching

To repent means to “have a change of mind that leads to a change in actions.”

Therefore, repentance from sin, and this change of mind involves two actions: **a turning away from sin and a turning to God**”.

This change of mind is a change of attitude and mental perspective, which results in a change in behavior.

It means turning from the way of life that is contrary to God’s law which leads to death, and turning to the way of life that is defined by God’s law which leads to life and peace.

Repentance means to surrender one’s life or one’s whole being, both mind and body to God’s will as expressed in His revealed Word.

Why should we Repent of our sins?

"..... but the gift of God is eternal life in Christ Jesus our Lord."
Romans 6:23 NKJV

We have learned from previous lessons that sin leads to death and judgement from God (Romans 6:23a) but the good news in all of this is that, once we recognize ourselves as sinners, we need only to repent and embrace Jesus to be forgiven.

Jesus can and will forgive us because he died and rose again three days later in victory over sin and death. There is a cure for the sin and that’s the gift of God to us in Jesus Christ that leads to eternal life

There is a solution to the short fall or the gap that occurs in our lives because of sin and what fills that gap for us to measure up to standards of God is Jesus Christ and His finished work on the cross of Calvary.

The Apostle Paul refers to this process of recognizing sin and being responsible for it as "godly sorrow."

"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death," Paul writes in 2 Corinthians 7:10-11. "See what this godly

sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter."

The Benefits of Repentance

Repentance leads to forgiveness of sins.

Many times, people believe the number of wrongs and bad they have done is so much that it cannot be forgiven.

Thankfully, God assured us by reminding us of this truth: "If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9).

Repentance frees us from the torment of sin.

God gives us the way of confession and repentance as the means by which we can receive His mercy. The simple reason is because Jesus is our great high priest who is always interceding for us before God (Hebrews 4:14; 7:25), and based on that we can "approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need" (Hebrews 4:16).

We are also encouraged in (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".

If we do not repent, we will not be able to receive help and relief from the torment of sin.

Repentance leads to the fullness of life with Jesus Christ.

When we repent, we are inviting Jesus Christ into our lives to have fellowship with us.

Jesus said, "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me." (Revelation 3:20).

There is overwhelming and overflowing joy of having intimate fellowship with God and this is the reason Jesus Christ through His death and resurrection secured for us so that we "may have life, and have it to the full" (John 10:10).

Would you repent and draw near to God today?

Repentance takes away our Pride and Self-Righteousness

Anyone who refuses repentance, it is often because of pride.

Pride is spiritual blindness that causes us to think our standards are better than God's standards. The opposite of pride is humility, and one definition of it, which I really like, says, "Humility means agreeing with the truth." Perhaps that is why Paul says that repentance leads us to know the truth so that we can come to our senses (2 Timothy 2:25-26).

When we repent and learn to agree with the truth of God's standards of righteousness and sin, we grow in humility.

God values humility; He shows favor to those who are humble, but He opposes and mocks those who are proud (Proverbs 3:34, James 4:6).

So let us be quick to repent, so that we may grow in humility and receive and enjoy God's favor.

Repentance leads to Complete Restoration

When we repent, we are proclaiming that we belong to God and we can fight against the devil and his evil influences in our lives. That is restoration to God's original intention for man to rule and have dominion over the earth.

Repentance brings us back into fellowship and restoration to our original position with God which we lost from the beginning (Genesis 1:28)

God promises us full restoration when we repent of our sins according to Jeremiah 15:19a; "Therefore thus says the Lord: "If you return, Then I will bring you back; You shall stand before Me;

Eternity does not start when we go to heaven. It starts right now with having fullness of life with God to stand before Him and repentance allows us to have that.

Would you repent and draw near to God now?

How to Repent from Your Sins

Recognize Your Need for forgiveness - Romans 3:23

Repentance is a heart issue, and God helps us reveal and heal those issues. The beginning of repentance is searching for and acknowledging our need. What if we daily ask God to help us identify our specific need for repentance?

Accept Jesus as the Savior and only way – (Romans 6:23; Acts 4:12)

There is no other way that leads to repentance apart from what has been provided for through Jesus Christ. He said: "I am the way, the truth, and the life. No one comes to the Father except through Me."

John 14:6 NKJV

Therefore, there is no other way other than through Jesus Christ and you need to accept and believe in Him

Confess Your Sins – (Romans 10:9-10)

We must confess our sins to God, stop sinning and confess Him as Lord over our lives. This step of confession with the mouth and believing in the heart is what brings us to repentance and salvation. For those who sincerely want to please God, this process requires a lifelong commitment.

Seek God and Purpose to Live for Him – (Matthew 4:4; Galatians 2:20)

With repentance comes change in mind and actions. Therefore seek God daily through a conscious decision in worship, Bible reading, and through prayer.

When we fellowship with Him, His righteousness comes upon us and by the power of the Holy Spirit, we are transformed and strengthened to live changed lives

The apostle John summarized both how to repent and God's merciful response to our repentance: "The blood of Jesus Christ His Son cleanses us from all sin. ... If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:7-9; Psalm 51:2, 7).

It is important to understand and act on the process of repentance and conversion outlined in the word of God.

Salvation Message

Is your heart burdened because of the sin in your life? Do you lack the peace in your life that you desire? Turn away from your sin, pray to your Heavenly Father in the name of Jesus Christ and ask Him for forgiveness. Believe in the Gospel of Jesus Christ that Jesus died on the cross for your sins, he was buried and he arose from the tomb and ascended into heaven. In the book of John, Chapter 3, verse 16, it says, "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."