

Repent Lesson Step

Welcome

Self Introduction

Prayer

Recap on the lessons to this point:(inventory and confess)

Repentance is a fundamental principle in Christianity, and it is an essential part of any recovery program. It is the process of turning away from sin and turning towards God, seeking His forgiveness and making amends for past wrongdoing. Repentance is not merely a confession of wrongdoing, but it is a complete change of heart and a genuine desire to change one's ways.

Repentance in the Bible

The Bible teaches that repentance is essential for salvation. In the New Testament, Jesus preached repentance to his disciples and the people he met, saying, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel" (Mark 1:15). He also warned that those who did not repent would perish (Luke 13:3).

The Apostle Peter also preached repentance, saying, "Repent therefore, and turn back, that your sins may be blotted out" (Acts 3:19). The Apostle Paul also taught the importance of repentance, saying, "For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death" (2 Corinthians 7:10).

The Bible teaches that repentance is not just about confessing one's sins, but it also involves turning away from sin and turning towards God. In the book of Ezekiel, God says, "Repent and turn from all your transgressions, lest iniquity be your ruin" (Ezekiel 18:30).

Why Repentance is Important in Recovery

Repentance is a critical element in Christian recovery programs. Those who are struggling with addiction need to recognize the harm that their behavior has caused and take responsibility for their actions. This is the first step in the recovery process, and it is an essential component of repentance.

Repentance involves a complete change of heart, a turning away from the sin of addiction and a turning towards God. This process requires humility and a willingness to admit one's shortcomings. It also requires a desire to make amends for past wrongdoing and to seek forgiveness from those who have been hurt.

Through repentance, those who are struggling with addiction can find hope and healing. They can let go of their past and embrace a new future, one that is free from the bondage of addiction. Repentance is not just about turning away from sin, but it is also about turning towards God and seeking His guidance and help in the recovery process.

The Importance of Confession

Confession is an essential part of repentance. It involves admitting one's wrongdoing and seeking forgiveness from those who have been hurt.

Confession is not just about saying sorry; it is about taking responsibility for one's actions and making amends for past wrongdoing.

In Christian recovery programs, confession is often done in a step group setting. This allows individuals to share their struggles with others who are going through similar experiences. It also provides an opportunity for accountability and support, which are crucial elements in the recovery process.

Confession also allows individuals to receive forgiveness from God. In 1 John 1:9, it says, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." This promise of forgiveness provides hope and encouragement for those who are struggling with addiction.

The Importance of Repentance

Repentance is an essential aspect of the Christian faith and is a critical component of recovery from addiction. It is only through genuine repentance that one can experience true freedom from sin and addiction.

Here are some reasons why repentance is crucial:

1. **Repentance leads to forgiveness:** The Bible teaches that when we confess our sins and repent, God is faithful and just to forgive us (1 John 1:9). This means that repentance opens the door to forgiveness and reconciliation with God. When we repent, we acknowledge our wrongdoing and turn away from it, which allows us to receive God's mercy and forgiveness.
2. **Repentance breaks the power of sin:** When we continually engage in sinful behavior, it can become a stronghold in our lives, and we can feel powerless to overcome it. However, when we repent and turn away from our sin, we break the power that sin has over us. Repentance enables us to overcome temptation and walk in victory over sin.
3. **Repentance leads to transformation:** Repentance is not just about feeling sorry for our actions; it involves a change of heart and a transformation of our lives. When we repent, we turn away from our old way of life and embrace a new way of living that is pleasing to God. Repentance leads to a renewed mind and a transformed life.
4. **Repentance brings us closer to God:** Sin separates us from God, but repentance brings us back into a right relationship with Him. When we repent, we draw near to God, and He draws near to us (James 4:8). Repentance enables us to experience the fullness of God's love and grace.

Practical Steps to Repentance

Now that we understand the importance of repentance, let's discuss some practical steps we can take to repent:

1. **Confess our sins:** The first step to repentance is to acknowledge our wrongdoing and confess our sins to God. We must be honest with ourselves and with God about the ways we have fallen short of His standards.
2. **Turn away from our sin:** Repentance involves turning away from our sin and embracing a new way of life. We must be intentional about changing our behavior and making choices that honor God.
3. **Seek forgiveness:** After confessing our sins and turning away from them, we must seek forgiveness from God and from those we have hurt. This involves making amends and asking for forgiveness from those we have wronged.
4. **Receive God's grace:** Repentance is not about earning God's forgiveness; it is about receiving His grace. We must trust in God's love and mercy and believe that He is faithful to forgive us when we repent.

Repentance is a vital aspect of the Christian faith and is critical to recovery from addiction. It involves acknowledging our wrongdoing, turning away from our sin, seeking forgiveness, and receiving God's grace. Repentance leads to transformation, forgiveness, and a renewed relationship with God. As we continue on our journey of recovery, let us make repentance a regular practice in our lives and trust in God's power to transform us from the inside out.

There is a difference between remorse and genuine repentance. They are different in their reasons.

Remorse is primarily sorrowful for the consequences of our sins.

Repentance on the other hand is primarily sorrowful for sinning against the love and holiness of God. Repentance is a change of direction produced by a change of heart and mind.

It's not enough to just have a change of heart, it's not enough to just feel regret, it's not enough just to cry out. The change of heart and mind must produce a change of direction.

Godly sorrow and repentance always produces a change of direction. Real repentance is typically accompanied by transparency. We have a willingness and eagerness to make amends.

We will do whatever it takes to make things right and to demonstrate we have changed. 2 Corinthians 7:10: There is sorrow that God wants you to experience because the sorrow that is according to the will of God “produces a repentance without regret which leads to salvation.

Here are a few signs of true genuine repentance.

1. **We name our sins as sins.** we don't neglect it, spin it, excuse it or ignore it. (When we name it we can tame it.
2. **We actually confess it before** we are caught up in it and the consequences of that behavior.
3. **We are willing and eager to make amend's** as soon as possible. Holding back amends will only hurt you and your relationship with Christ.

4. We seek help as in this Christ centered program of regeneration. We are willing to do whatever it takes to remove these thoughts and behaviors that ultimately causes us to repent.
5. We are humble and teachable. We set aside our pride and ego and humble ourselves and be teachable to learn the biblical tools to overcome that which binds us
6. We find solace in the divine grace of God through Jesus Christ, liberating us from the very sins that prompt our repentance in the first place.

Proverbs 16:3 states “Commit to the Lord in whatever you do and He will establish your plans.”

Confession and repentance

Agreement with God about Sin and repentance turning from sin are companions on the path of regeneration.

When you come to recovery, you were stuck or headed the wrong way in some aspect of your life. Whether you followed others or blazed your own trail, you now see that the paths that led you to recovery were dead ends.

When you confessed your inventory, you acknowledge the sins and damage of your paths. You admitted your sinful patterns (your old nature's ruts) and idols (the loves that directed your way).

You may have even felt relief from your struggles as you release the burden of your sin to God and let others into your journey.

However, confession without repentance is like a man pulled from his rut, given a new destination and a navigator but then he returns to the same dead end path.

To live in freedom, it is not enough to recognize you are on the wrong road and step out of your rut (confess). You must also change direction (repent). You must turn from dead end paths, turn to God's path, and walk with him as he leads you.

Leaving God and his commands for your own way leads to destruction. Often, the pain caused by following your own path is what draws you to God. It's right to mourn the damage of your rebellion, and it's good that the pain of sin draws you back to God. Sometimes, however, you are only grieving the consequences of sin rather than your rebellion against God. The Bible calls the regret of the consequences of sin "worldly grief".

God is good. He can feel pain and repair the brokenness of sin, but he wants more for you than healing. God wants you to know the joy of totally giving your heart to him and living in the purpose for which he created you. This Joy comes from knowing and obeying God's will. Sin's greatest cost are the missed opportunities to know and walk in God's perfect love, fulfilling his purpose for your life.

Sinful pursuits are rebellions from God's love and desire. The Bible calls the regret of your rebellion and offense against God "godly grief".

"Godly grief" will lead you to turn from sin to God.

2 Corinthians 7:9-10 "I rejoice, not because you were grieved, but because you were grieved into repenting. for you felt a Godly grief, so that you suffered not lost through us. For Godly grief produces a repentance that leads to Salvation without regret, whereas worldly grief produces death.

Any path that does not lead to God or remain within his will is a dead end path. God's way is not always easy, but it is good and leads to life.

Matthew 7:13-14 Enter by the narrow gates. for the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few”.

He created us for a good purpose. Like a good father, his commands are for our good to protect and direct us.

Because God has an adversary you will face temptation to rebel against God. Because you live in a sinful world, you will experience trouble. Times of trouble and temptation present the easiest opportunities to doubt God's goodness and the greatest opportunities to trust him. God uses hardship to grow your character, wisdom and trust of him. Satan uses hard times to challenge God.

God's goodness never changes with circumstances. His commands are always good. He gives instruction for your benefit, protection, purpose, and enjoyment. He is not out to deprive you. There are great rewards to those who trust God and follow his word during our times.

You can have a repentance plan similar to our inventory plan. Briefly we need to identify what it is we are repenting from.

Here are some key questions we need to ask ourselves about the sin patterns we need to repent from:

1. **Who influences my struggles** (names and list those individuals.)
2. **What are my triggers or ways I access my struggles?** (Such as the internet, phone, places I go.)
3. **When am I most vulnerable?** (While traveling, at work, night time, alone time, or with people I hang around.)

4. **Where do I frequently struggle?** (Home, work out with friends, places I'm alone.)
5. **Why do I struggle?** (Are there feelings, emotions, desires I'm trying to fill or escape from.)
6. **How am I tempted in my struggles?** (Are there certain patterns that lead to my struggles such as temptations, anxiety, frustration, fear.)

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