

# REPENTENCE: The U-Turn back to our God given Identity.

## 1. Honest Consideration Psalm 119:59

Where and how am I trying to find love and life??  
Recognized the flesh life and how it's operating.

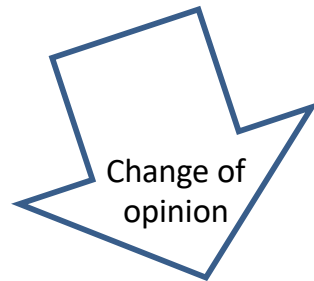
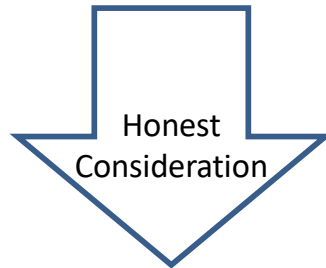
**2. Change of opinion** is the mental part. Listen for the Holy Spirit's conviction. A change of opinion is not in itself repentance but no true repentance can exist without it. Determine that there is no life in this behavior.

## 3. Change of Feelings:

Godly Sorrow vs. World Sorrow. Change of feelings is the emotional part. Godly sorrow not worldly sorrow is key to producing humility and brokenness.

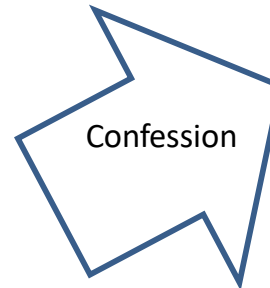
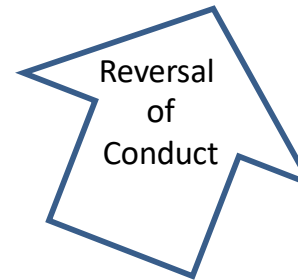
Choosing to evaluate sins character verses its consequences.

**James 4:7-10**  
**2 Corinthians 7:7-11**



CONSIDERATION

TURNING



**6. Lasting Change** in your Soul based on our actual experience of Christ's life within you.

**Hebrews 12:1-3**  
**Romans 8:37-39**

**5. Reversal of Conduct**  
**Renewing our minds and Resting in Christ.**  
Operative part 2 of Repentance.

You actively turn toward God and the finished work of the cross drawing on His truth and His way and His life(Christ) within you. You choose His strength not our own. Remember that through the work of the cross you have died to the Power of Sin and have been made alive to the power of God within you. Confidently move away from the behaviors that entangle you.

**Romans 6:1-6 Gal: 2:20**

**4. Confession** Operative part 1 of repentance **Psalm 32:1-5**

Recognize and confess to God that your behavior is not in alignment with who you are in Christ. Acknowledge to God that what you have done was wrong and that it was sin committed against God, self and others. Thank God for His wonderful gift of forgiveness that he freely gave you when you received Christ as your savior.

Just a change of opinion  
and of feelings about sin is  
not enough

## **Renewing the Mind:**

The battle is in the mind. We must move from old ways of thinking and turn from self sufficient living. We must embrace Christ sufficient living which provides a Life that is free and filled with God's acceptance, love and forgiveness.

Romans 1:28

Romans 8:7

Romans 12:2

2 Corinthians 3:14

Colossians 3:1-2

## **Rest:**

By Faith appropriate the fullness of what it means to be filled with Christ 's Life and to be seated in Christ's Life in the heavenly places. Christ is our Sabbath rest.

1 John 1:1-2

1 John 5:11-12,20

Romans 6:3-6

1 Corinthians 1:30

Colossians 1:13

Ephesians 1:18-23

Ephesians 2:4-6

Colossians 3:3-4

Hebrews 4:1-11

# EXTENDING FORGIVENESS

## **Definitions of forgiveness:**

1. Release or set free from punishment due them(Matthew 18:21-35) and from the restitution due me.(Ephesians 4:32)
2. Remit a debt. Cancel or Pardon. Legal Term: Ephesians 1:7 Colossians 1:14
3. To send away. Old Testament: Leviticus 25:3-12 the year of Jubilee
4. Loose, set at liberty, drop all charges.

## **What Forgiveness is NOT:**

- It is not justifying the other person's actions
- It is not asking God to forgive them
- It is not explaining away their behavior
- It is not denying, ignoring, tolerating, excusing, overlooking, or closing your eyes to the fact that you have been hurt or sinned against by the person
- It is not going to the person and telling them you forgive them
- It is not letting time pass after the offense has been committed.
- It is not forgetting that the offense happened by pretending that it didn't.
- It is not just resigning ourselves to the other person's actions by saying, "Well, that's just the way that person is."

## **Forgiveness is:**

- An act of our will, done by faith before God, in which we count the cost of what the other person has done to us and then give up our right to hold another person accountable for that wrong.
- A deliberate action of my will-out of dependence upon Christ-in-me, removing from the offender his guilt toward me, giving this to God, and considering the offender no longer guilty toward me.

**Ephesians 4:32 Colossians 2:13 Colossians 3:13**

## **The Process of Extending Forgiveness:**

1. -Identify the offender and write their name down.
2. -Write down all of the offenses that hurt you.
3. -Identify and write down what your feelings were in response to being hurt.
4. -Write down all the ways you responded inwardly or outwardly to being hurt.
5. -(See diagram 1 in this series to begin step 5.)
  - Repent of your own sin in the matter if any exists.
  - Renew your mind in your God given identity
  - Rest in all that Christ has done in you and for you.
  - (Receiving and resting in God's love, grace and forgiveness towards you.
6. -Forgive the offender for the ways that they hurt you and release them to God as their Judge.

# SEEKING FORGIVENESS AND RECONCILIATION

## **What Seeking Forgiveness is Not:**

Seeking forgiveness is not “apologizing” for my wrong against another. It is not acting apologetic or shamefaced in manner toward the one whom I have offended. It is not trying to be especially nice or loving toward him/her, or in any way attempting to prove myself worthy of the other’s favor. It is not “being sorry” for what I have done.

## **Definition of Seeking Forgiveness:**

Seeking forgiveness is the action of honestly “seeing the guilt another is holding against me” for my wrong actions or attitudes toward him, Acknowledging it before him without excuse or explanation, and without projecting blame, either toward the offended person or toward anyone else related to the incident, then humbly asking forgiveness from the person I offended.

**Matthew 5:23-24**

**Colossians 2:13**

**Colossians 3:13**

## **The Process of Seeking Forgiveness:**

1. Identify yourself as the offender.
2. Make sure you have already walked through extending forgiveness toward the other person for any wrongs on his/her part toward you.
3. Think through the precise wording you will use as you ask for forgiveness.
4. Label your actions as “wrong”. Say the three hardest words in the English language- “I was wrong.”
5. Go into only as much detail as necessary for the offended person to understand what you are confessing.
6. Make no defenses, alibis, or excuses
7. Do not allow pride to cast doubt on the other person’s judgment. Example: “If you perceive that I was wrong, will you forgive me?”
8. Do not project blame.
9. Do not tie your wrong action to a perceived wrong action on the part of the other person. Example: “I was wrong, but so were you.” or “If you had not said what you said, I wouldn’t have done that”
10. Your confession should lead with purpose and without undue delay to the direct statement, “I was wrong regarding\_\_\_\_\_.” Follow this statement with the question: “Will you forgive me?”

## **Definition of Reconciliation:**

To restore a relationship. (Bridge)

It always requires two to reconcile.

Extending forgiveness and Seeking forgiveness are your part in the process of reconciliation. For proper reconciliation to happen extending and seeking forgiveness must happen by both parties involved.

Reconciliation is NOT required for forgiveness to take place but forgiveness is required for true reconciliation to happen.