

## How Do I Live a Life of Repentance?

**Psalm 103:12: (NASB) *As far as the east is from the west, so far has He removed our transgressions from us.***



We have all done wrong and had to come to grips with our actions and deal with the consequences. In short, we have all had to experience the opportunity for repentance. What is repentance anyway? Does it mean we carry the results of our sins with us every day as a reminder of the destructiveness of what we did? Does it mean we say we are sorry and then move on? Does being repentant, especially for big sins, have to be renewed like a subscription? Once we are truly sorry for whatever we did wrong, can we ever expect to be happy again, or are we now destined for a sober-minded existence? The good news is, repentance IS a powerful tool for healing AND happiness. We just need to know how to use it!

What exactly is repentance and what is NOT repentance?

 **Hebrew and Greek words, *What is Repentance, John Lawson***

- *Let's define "repentance" in Hebrew. Two words are used for the meaning of repentance. First, we have "nacham," which means to grieve; a strong want to change. Second, we have "shuv," a radical change of mind towards sin, a decision to forsake sin and obey God. Now, let's look at the Greek definition of repentance, "metanoia," to turn around, to stop going one way and begin going the opposite way. It's also described as a complete change of thinking.*

The concept of repentance - three primary words in the New Testament:

**Repent:** Strongs #3338, *metamelomai*, to care afterwards, i.e. regret

**Repent:** Strongs #3340, *metanoēō*, to think differently or afterwards, i.e. reconsider (morally, feel compunction)

Compunction means uneasiness of mind due to feelings of remorse or guilt; twinge of conscience.

**Repentance:** Strongs #3341, *metanoia*, compunction (for guilt, including reformation); by implication reversal (of [another's] decision)

### "REPENT" in New Testament Greek - Strong's Concordance

<3338> refers to an emotional change

<3340> refers to a change of choice

<3338> has reference to particulars

<3340> applies to the entire life

<3338> encompasses nothing but regret, even amounting to remorse

<3340> creates a reversal of moral purpose known as repentance

<3340> is the fuller and nobler term, expressive of moral action and issues. It is used in greater frequency and often expressed as being essential.



Examples of <3338>:

Matthew 27:3: (KJV) Then Judas, which had betrayed him, when he saw that he was condemned, repented himself <3338>, and brought again the thirty pieces of silver to the chief priests and elders.

Matthew 21:28-29: (NRSV) 28What do you think? A man had two sons; he went to the first and said, Son, go and work in the vineyard today. 28He answered, I will not; but later he changed his mind <3338> and went.

This word is used to show a feeling of casual regret.

Examples of <3340>:

Acts 17:30-31: (NRSV) 30While God has overlooked the times of human ignorance, now he commands all people everywhere to repent <3340>, 31because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.

Matthew 11:21: (NASB) Woe to you, Chorazin! Woe to you, Bethsaida! For if the miracles had occurred in Tyre and Sidon which occurred in you, they would have repented<3340> long ago in sackcloth and ashes.

This word shows a turning around.

Example of <3341>:

Acts 5:31: (KJV) Him hath God exalted with his right hand to be a Prince and a Saviour, for to give repentance <3341> to Israel, and forgiveness of sins.

This word implies a change of ways.



Repentance is NOT regret.

Repentance is extremely hard when it stands alone.

Repentance shows our true colors.

Repentance is dramatic.

Repentance is the universal responsibility of all humanity.

# THE REPENTANCE PROCESS



## THE REPENTANCE PROCESS

**Repentance is NOT regret.**

**Regret causes us to PAUSE because something we thought or did does not sit well in our heart or mind.**

**Repentance causes us to STOP, OBSERVE, PROCESS, CONCLUDE and then fundamentally CHANGE DIRECTION.**

Repentance is not just a causal recognition of a wrong.

Now that we know what repentance is and is not, we need to figure out how it works and what we can learn.

**Repentance is a life-changing endeavor.**

**How do we know that it is worth the effort and humiliation?**

Anything as daunting as facing the necessity to repent for a wrong you have done needs to have significant motivation to make it happen. What is the value of the potential humiliation, heartache and reparation work before me? Is repenting really worth the effort, or could there be another way?

 **Defining both, *Shame versus Guilt*, Brené Brown**

- The thing to understand about shame is it's not guilt. Shame is a focus on self. Guilt is a focus on behavior. Shame is, "I am bad," guilt is, "I did something bad." How many of you, if you did something that was hurtful to me, would be willing to say, "I'm sorry I made a mistake?" How many of you would be willing to say that? Guilt - "I'm sorry I made a mistake." Shame - "I'm sorry I AM a mistake." There is a huge difference between shame and guilt. And here's what you need to know - shame is highly, highly correlated with addiction, depression, violence, aggression, bullying, suicide, eating disorders. And here's what you even need to know more - guilt's inversely correlated with those things.*

Repentance helps us recognize our guilt. It is not there to make us say, "I AM a mistake." It is there to recognize, "I made a mistake." Then we try to make it right the best we can. This is about managing guilt in a positive and proper way. Repentance helps us identify and work through guilt.



**Repentance is only accessible if we are willing to take the moral high road.**

King David ignored his sin until it was forcibly revealed. He then repented.

**David plainly acknowledges how wrong he was after having Uriah killed:**

Psalm 51:1-4: (NASB) <sup>1</sup>Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. <sup>2</sup>Wash me thoroughly from my iniquity and cleanse me from my sin. <sup>3</sup>For I know my transgressions, and my sin is ever before me. <sup>4</sup>Against You, You only, I have sinned and done what is evil in Your sight, So that You are justified when You speak and blameless when You judge.

He was not making any excuses. This is David repenting. Notice he was not asking to *look good*; he was begging to BE good before God. He was willing to accept God's judgment against him.

Psalms 51:10-13: (NASB) <sup>10</sup>Create in me a clean heart, O God, and renew a steadfast spirit within me. <sup>11</sup>Do not cast me away from Your presence and do not take Your Holy Spirit from me. <sup>12</sup>Restore to me the joy of Your salvation and sustain me with a willing spirit. <sup>13</sup>Then I will teach transgressors Your ways, and sinners will be converted to You.

This is the work needed to execute inward change. Restore - sustain - then I can teach others.



God is magnanimous and mercy awaits those who show true repentance.

Repentance does not mean we are released from consequences. It means we are giving ourselves over to God so He can make the consequences growth experiences rather than a punishment. We can grow because of our sins or try to hide from them.

Psalms 103:8-14: (NASB) <sup>8</sup>The LORD is compassionate and gracious, slow to anger and abounding in lovingkindness. <sup>9</sup>He will not always strive with us, nor will He keep His anger forever. <sup>10</sup>He has not dealt with us according to our sins, nor rewarded us according to our iniquities.

God is bigger than the moment.

<sup>11</sup>For as high as the heavens are above the earth, so great is His lovingkindness toward those who fear Him. <sup>12</sup>As far as the east is from the west, so far has He removed our transgressions from us.

The greatness of God will and can lift all of our sins from us.

<sup>13</sup>Just as a father has compassion on his children, so the LORD has compassion on those who fear Him. <sup>14</sup>For He Himself knows our frame; He is mindful that we are but dust.

**Is all this wonderful forgiveness free? Can we do whatever we want? NO:**

Psalms 103:17-18: (NASB) <sup>17</sup>But the lovingkindness of the LORD is from everlasting to everlasting on those who fear Him, And His righteousness to children's children, <sup>18</sup>To those who keep His covenant and remember His precepts to do them.

To those who keep His covenant and remember His precepts to do them - forgiveness applies to these people. God wants to see us repent so we can

come back to Him. We have accountability like with parents and their children.



God's plan for those who are blessed with favor is fundamentally based upon true repentance.

We know this to be true because John the Baptist came before Jesus.

### Why did John's work come first?

Mark 1:4: (NASB) *John the Baptist appeared in the wilderness preaching a baptism of repentance for the forgiveness of sins.*

### We need to be shown our flaws so we can realize our lack. Repentance is a life foundation:

Ephesians 1:7: (NASB) *In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of His grace.*

Jesus is the "home" built upon repentance. We need the foundation of repentance in our lives first.



## THE REPENTANCE PROCESS

Repentance is extremely hard when it stands alone.

Put God's forgiveness and Jesus' ransom in the picture and it becomes a powerful tool of change and growth.

With so much help and encouragement available, repenting to God and each other is easier.

**It is hard to repent. How do we know our repentance is actually sincere, that it is the real thing?**

Sinful human nature is downright devious. We can easily goad ourselves into doing what seems to be the right thing in a halfhearted way. We sometimes secretly rationalize that this makes us *look* good because it makes us *feel* good. The problem is, it does not help us to ultimately *be* good! The point of repentance is about *being* good.

Okay, I will repent, but does that mean I actually have to do something different? Yes! It is a process that requires thought, action, meditation, humility and application. It is not instantaneous.

**Repentance means you change your mind so deeply that it changes you.**

— Bruce Wilkinson



Willful sin, which includes feigning repentance, indicates a severe lack of reverence for God.

Israel as a nation was taught to fast to show their repentance before God, yet God did not respond.

**Isaiah was commanded to tell Israel why God was not hearing them:**

Isaiah 58:1-5: (NASB) <sup>1</sup>*Cry loudly, do not hold back; raise your voice like a trumpet, and declare to My people their transgression and to the house of Jacob their sins.*

**They sin against God, but this is how they act:**

<sup>2</sup>*Yet they seek Me day by day and delight to know My ways, as a nation that has done righteousness and has not forsaken the ordinance of their God. They ask Me for just decisions, they delight in the nearness of God.*

 **Halt! About turn, quick march, What is Repentance, Crossway**

- In the military nobody doubts what's meant when the order is given, "Halt! About turn! Quick march!" It means that the soldiers are being told to turn their backs on the direction in which they were going and to start marching in the opposite direction from the way they were going before. And that's what repentance is. You see, human beings by instinct - and this is our fallenness finding expression - by instinct we walk at a distance from God, and God says, "Turn around, face Me and walk towards Me."*



Go the other way! This is what God was telling Israel in Isaiah 58.

**God now calls them out regarding their fasting/repentance actions and spares no details:**

<sup>3</sup>*Why have we fasted, and You do not see? Why have we humbled ourselves and You do not notice? Behold, on the day of your fast you find your desire (you are not changing anything) and drive hard all your workers. <sup>4</sup>Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high. <sup>5</sup>Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one's head like a reed and for spreading out sackcloth and ashes as a bed? Will you call this a fast, even an acceptable day to the LORD?*

Their fasting was not for God to hear them. They were going through the motions but did not have the heart attitude of "Halt! About turn! Quick march!" They were performing the actions of fasting as they simultaneously



ignored God and fed their own desires. It was just a big show. *Is it for bowing one's head like a reed and for spreading out sackcloth and ashes as a bed - this is being asked sarcastically and is an example of "feigning repentance."* The people were doing the right things but were not being the right people.

God now shows them the purpose for fasting - the purpose for repentance.

**He shows them what they are really supposed to look like to truly come before God:**

**Isaiah 58:6-9:** (NASB) *<sup>6</sup>Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? <sup>7</sup>Is it not to divide your bread with the hungry and bring the homeless poor into the house; when you see the naked, to cover him; and not to hide yourself from your own flesh?*

The outward actions of fasting were to get their inward hearts right for the event. Here God describes where the action of fasting was supposed to bring them. God is looking for the merciful and righteous heart.



When we make mistakes with our children, go to them and say, "I am sorry. I did not handle that right." It will impress upon them how to ask for forgiveness. We can lead by example so they can learn how to say they are sorry.

Turning our heart is not just going through the motions of asking for forgiveness while our actions remain the same.

**Be righteous and merciful. This is what coming before God in repentance and fasting looks like:**

*<sup>8</sup>Then your light will break out like the dawn, and your recovery will speedily spring forth; and your righteousness will go before you; the glory of the LORD will be your rear guard.*

In other words, God will guide you and there will be light in your life. Your life will begin to come back into balance.

*<sup>9</sup>Then you will call, and the LORD will answer; You will cry, and He will say, Here I am. If you remove the yoke from your midst, the pointing of the finger and speaking wickedness.*

We are to live a righteous and merciful life towards others as we want God to have righteousness and mercy upon us. Are we living what we are asking for? *Live the heart attitude of mercy and kindness. God is saying, "Be on guard against showing but not doing, saying but not believing, acting and not being."*

**Galatians 6:7-8:** (NASB) *<sup>7</sup>Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. <sup>8</sup>For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.*



## THE REPENTANCE PROCESS

**For Christians now, repentance will show our true colors.**

**God plainly sees half-hearted efforts just as plainly as He sees sincere efforts. He will judge or bless accordingly.**

How do we live a life of repentance? When we fall, we ask for forgiveness, get up and keep going in the *appropriate* direction.

As good and important as repentance is, it now is also beginning to look a little scary. It has to be sincere.

**Repentance looks like a lot of work and a lot of pressure.  
What does successful repentance look like?**

It is fair to say that repentance carries with it the pressure of purity. After all, following in Jesus' footsteps is not supposed to be easy; it is supposed to be transformative. This means that our hearts are front and center, for if our repentance leads to heart transformation, everything else will follow. It is not to just *feel good*, it is to *be better* and more Christlike.

Who is the most dramatic example of repenting, of someone changing their life?



"The Conversion of St. Paul (1),"  
by Caravaggio 1573-1610  
oil on panel (circa 1601)  
The Odescalchi Balbi private collection,  
Rome, Italy

One of two known paintings by Caravaggio on the subject of Paul's conversion.



### To appreciate repentance in action we need to see sin in action first:

**Acts 9:1-9:** (NASB) <sup>1</sup>Now Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest, <sup>2</sup>and asked for letters from him to the synagogues at Damascus, so that if he found any belonging to the Way, both men and women, he might bring them bound to Jerusalem.

Saul (later to be the Apostle Paul) seemed convinced that evil was good, and he was passionate about this mission. He thought he was doing God's will, but he pushed the envelope on what that meant by justifying his actions.



**A listener asks:** Is an example of feigning repentance when you feel really sorry you got caught but keep doing the sin or wishing you *could* do the sin?

Yes!



Sometimes we fail, and it is okay. The flesh is deceptive and wants to rationalize.

Saul was knowledgeable enough about the Law to know he was bending it and doing things that were unlawful. He was so emotional and passionate that he ignored the principles for a "greater good."

### Then he was literally faced with his life-changing moment of truth:

<sup>3</sup>As he was traveling, it happened that he was approaching Damascus, and suddenly a light from heaven flashed around him; <sup>4</sup>and he fell to the ground and heard a voice saying to him, Saul, Saul, why are you persecuting me?

Saul was confronted with truth, which created a crossroad of choice. "Do I follow my previously focused path, or do I face the humiliation of its sin and go in exactly the opposite direction?"

<sup>5</sup>And he said, who are you, Lord? And he said, I am Jesus whom you are persecuting, <sup>6</sup>but get up and enter the city, and it will be told you what you must do.

Jesus directly intervened in Saul's direction. It was imperative Jesus spoke to him in part to give him credibility as an apostle. The other apostles had direct contact with Jesus. It also gave him the clarity with which he could start his new direction.



### Costly, radical reshaping, *What is Repentance, Crossway*

- *And the reason why the theme of repentance is neglected, as indeed it is, not only in modern secular society but in the church, is because it's a costly thing to repent. It does mean reshaping your life in quite a radical way. And people, just because they find it too costly as a prospect, they try to devise a way of being Christian which doesn't involve anything radical as "About turn! Quick march!" And we who preach the gospel and seek to explain Christianity to folks, we, I think, have to take that as a challenge and talk a great deal more about repentance and the necessity of it than most of us do.*

A lot of "versions" we hear of the gospel are not about changing our ways. Christianity is indeed "Come as you are" but NOT "Stay as you are."



This is what happened to Saul.

Now he was to be helplessly led by the hand and would be completely alone for three days:

*...<sup>8</sup>Saul got up from the ground, and though his eyes were open, he could see nothing; and leading him by the hand, they brought him into Damascus. <sup>9</sup>And he was three days without sight, and neither ate nor drank.*

It is no accident that Saul was blinded. Blindness not only revealed the pathway of sin; it also revealed the open door of repentance. Ananias would soon heal and baptize him. Being blind and fasting for three days was a time of reflection for Saul. The number three in Scripture often represents the completeness of an experience. Saul was literally in the dark for three days, yet it was the most enlightened three days of his life!



## THE REPENTANCE PROCESS

**Repentance is dramatic.**

**If we are humble and honest enough it will entirely transform our character and change the course of our lives!**

We want to be willing to accept the wrong we did and put it before God.

**Repentance IS foundational:**

Hebrews 6:1: (NASB) *Therefore leaving the elementary teaching about the Christ, let us press on to maturity, not laying again a foundation of **repentance** <3341> from dead works and of faith toward God.*

Does being repentant, especially for big sins, have to be renewed like a subscription? Once the foundation is laid, it does not need to be laid again and again. If we are living a life that is proof of the repentance, keep moving forward.

Should we require repentance from someone who sins against us? Yes and no.

# Should we require repentance from someone who sins against us?

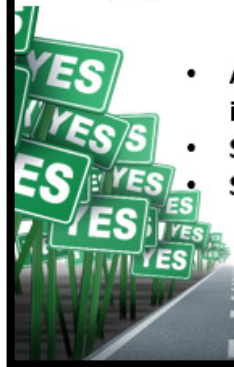
## YES, repentance is necessary:

Luke 17:3-4: (KJV) <sup>3</sup>Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. <sup>4</sup>And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.

# OR

## NO, we must love unconditionally:

Luke 6:27-29: (NRSV) <sup>27</sup>But I say to you that listen, love your enemies, do good to those who hate you, <sup>28</sup>bless those who curse you, pray for those who abuse you. <sup>29</sup>If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt.



- Applies to your "brother" in Christ
- Shows communication
- Says to forgive and be humble

- Applies to your "enemies" - those of the world
- Shows persecution
- Says to love, bless and be humble



This shows a standard between those who should know better (your brother in Christ) and those who do not (those of the world). We should focus less on what people owe to us and more about how we live repentance.

Strong examples of life-changing repentance are inspiring. Our sincere repentance can be inspiring to others.

**Repentance for Christians is obviously critical. Will it be just as important for everyone else?**

We know the time for judging the world is future. We also know that no matter who is being judged, sins are revealed and repentance is necessary. The difference is when God pays the most attention. Now He watches to develop us, and later He will hold the whole world accountable.

*The only vice that cannot be forgiven is hypocrisy. The repentance of a hypocrite is itself hypocrisy. — William Hazlitt*

Is everyone going to eventually have to repent for everything they ever said and did?

**No matter who you are, even for those who lived before Jesus, the future will be revealing:**

Luke 11:32: (NASB) *The men of Nineveh will stand up with this generation at the judgment and condemn it, because they repented <3340> at the preaching of Jonah; and behold, something greater than Jonah is here.*



Nineveh repented because of Jonah. Jesus is greater than Jonah - how will we respond? Our past track record of repentance shows where our hearts have been.



**End results, *What is Repentance, Crossway***

- *The end, of course, of walking Godward is that fellowship with God becomes a real and rich reality. More and more, as one lives the life of repentance, and those of us who by God's grace have begun to learn to do it, testify if asked to the joy of the new life of being closer and closer to the Father and His son, Jesus Christ. Until one begins to take repentance seriously this is going to be a closed book to you. So, I beg you, start taking repentance seriously.*

**Each and every human being - both before and after Jesus - will be confronted with the need to repent:**

**Matthew 12:35-37:** (NASB) <sup>35</sup>The good man brings out of his good treasure what is good; and the evil man brings out of his evil treasure what is evil. <sup>36</sup>But I tell you that every careless word that people speak, they shall give an accounting for it in the day of judgment. <sup>37</sup>For by your words you will be justified, and by your words you will be condemned.

All heart intents will be revealed and accountable.

**Remember Isaiah? God showed the Jewish nation the true purpose for fasting and repentance:**

**Isaiah 58:6-7:** (NASB) <sup>6</sup>Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke?

This is the attitude they should have been fasting with - one of goodness and kindness.

<sup>7</sup>Is it not to divide your bread with the hungry and bring the homeless poor into the house; When you see the naked, to cover him; and not to hide yourself from your own flesh?

In other words, "You are coming before Me, asking for My mercy. How are you living your life? Are you giving to others what you are asking for from Me?"

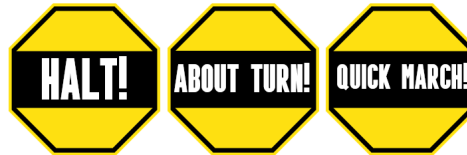
The final judgment for the world is described in the Parable of the Sheep and Goats. Jesus takes the detailed principles God is showing Israel in Isaiah (under the Old Law Covenant) regarding appropriate repentance and is applying it to all those who will be under the New Covenant. For more on the topic of the Covenants, please search our archives for Episode 874 "God's Three Great Promises - Which One is For You?" For more on the Parable of the Sheep and Goats, find Episode 760 "Are You a Sheep or a Goat?"

**We will drop in the texts from Isaiah 58 - Jesus took the way Israel was shown and applies the principle to everyone:**

**Matthew 25:41-45:** (NASB) <sup>41</sup>Then he will also say to those on his left, Depart from me, accursed ones, into the eternal fire (destruction)... <sup>42</sup>for I was hungry, and you gave me nothing to eat; I was thirsty, and you gave me nothing to drink; [**Isaiah 58:7:** (NASB) *Is it not to divide your bread with the hungry*] <sup>43</sup>I was a stranger, and you did not invite me in; (and bring the homeless poor into the house;) naked, and you did not clothe me; [when you see the naked, to cover him;] sick, and in prison, and you did not visit me. [**Isaiah 58:6:** (NASB) *loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free*] <sup>44</sup>Then they themselves also will answer, Lord, when did we see you hungry, or thirsty, or a stranger, or naked, or sick, or in prison, and did not take care of you? <sup>45</sup>Then He will answer them, Truly I

say to you, to the extent that you did not do it to one of the least of these, you did not do it to me.

This is the core of what creates faithfulness. Am I living what I am showing to God? For some reason, we think God can be fooled and not know what we do.

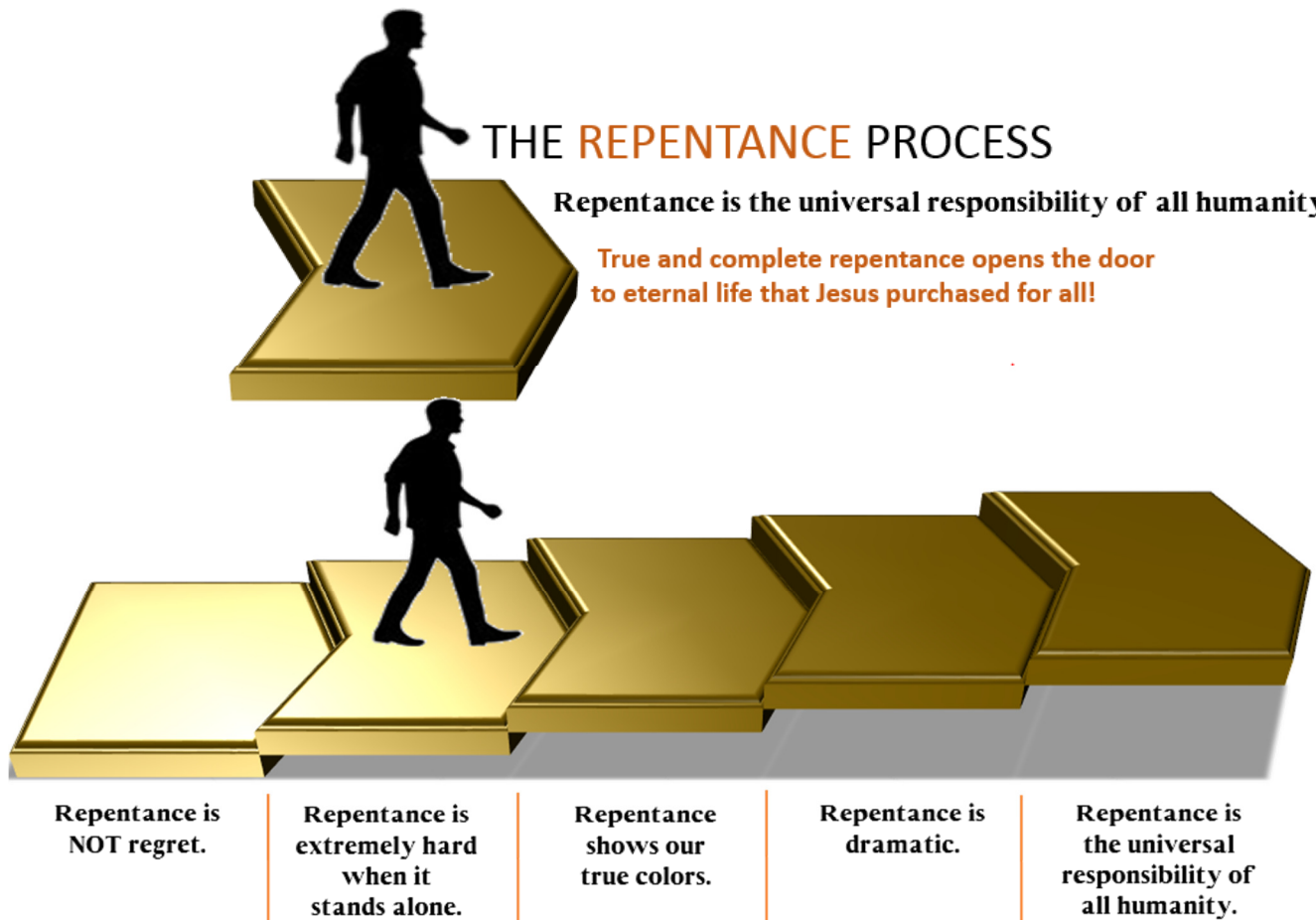


Live the mercy we seek!

**Be righteous and merciful. This is what coming before God in repentance and fasting brings:**

Isaiah 58:8: (NASB) *Then your light will break out like the dawn, and your recovery will speedily spring forth; and your righteousness will go before you; the glory of the LORD will be your rear guard.*

Our thoughts need as much repentance as our actions. It takes work to conform our thoughts to Christlikeness. Satan bombards us with temptations. There is a joy in the journey of moving toward God. God loves us and welcomes us.



# THE REPENTANCE PROCESS

We want to live a turned-around life and take the consequences, being humble to get up and walk toward Him and away from our own sin.

*So, how do I live a life of repentance?  
For Jonathan and Rick and Christian Questions...  
Think about it...!*



Join us next week for our podcast on July 22, 2019:  
Ep. #1083: What is the End Times Resurrection About?  
How Does it Work?

### Bonus Material!

***The proud do not change to improve but defend their position by rationalizing. Repentance means change, and it takes a humble person to change. — Ezra Taft Benson***

Forgiveness, whichever end of it we are on, gives us the ability to “stir one another up.” Once we repent, forgiveness passes to us and then by God’s grace it passes through us.

#### Forgiveness passing to us:

**Hebrews 10:19-25:** (NKJV) <sup>19</sup>Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, <sup>20</sup>by a new and living way which he consecrated for us, through the veil, that is, his flesh, <sup>21</sup>and having a High Priest over the house of God, <sup>22</sup>let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. <sup>23</sup>Let us hold fast the confession of our hope without wavering, for He who promised is faithful. (Passing through us) <sup>24</sup>And let us consider one another in order to stir up love and good works, <sup>25</sup>not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

(Source: 12 signs of repentance from factsandtrends.net - partially quoted)

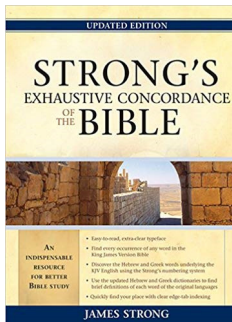
Jared Wilson identifies twelve signs of genuine repentance. These are helpful signs that show whether or not someone is truly repentant. Our pastors often use this list as we help people struggling with sin come to genuine repentance. I want to share these twelve signs of genuine repentance with you in the hope that they will be helpful to you as well:

1. We name our sin as sin and do not spin it or excuse it, and further, we demonstrate “godly sorrow,” which is to say, a grief chiefly about the sin itself, not just a grief about being caught or having to deal with the consequences of sin.

2. We actually confessed before we were caught, or the circumstantial consequences of our sin caught up with us.



3. If found out, we confess immediately or very soon after and “come clean,” rather than having to have the full truth pulled from us. Real repentance is typically accompanied by transparency.
4. 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.
5. We are patient with those we’ve hurt or victimized, spending as much time as is required listening to them without jumping to defend ourselves.
6. We are patient with those we’ve hurt or victimized as they process their hurt, and we don’t pressure them or “guilt” them into forgiving us.
7. We are willing to confess our sin even in the face of serious consequences (including undergoing church discipline, having to go to jail, or having a spouse leave us).
8. We may grieve the consequences of our sin, but we do not bristle under them or resent them. We understand that sometimes our sin causes great damage to others that is not healed in the short term (or perhaps ever).
9. If our sin involves addiction or a pattern of behavior, we do not neglect to seek help with a counselor, a solid twelve-step program, or even a rehabilitation center.
10. We don’t resent accountability, pastoral rebuke, or church discipline.
11. We seek our comfort in the grace of God in Jesus Christ, not simply in being free of the consequences of our sin.
12. We are humble and teachable.



### Word study of three words translated *repentance* in the New Testament:

**Repent:** Strongs #3338, *metamellomai*, to care afterwards, i.e. regret

**Repent:** Strongs #3340, *metanoēō*, to think differently or afterwards, i.e. reconsider (morally, feel compunction)

**Repentance:** Strongs #3341, *metanoia*, compunction (for guilt, including reformation);  
by implication reversal (of [another's] decision)

### All uses of <3338>:

**Matthew 21:29:** (KJV) *He answered and said, I will not: but afterward he **repented** <3338> and went.*

**Matthew 21:32:** (KJV) *For John came unto you in the way of righteousness, and ye believed him not: but the publicans and the harlots believed him: and ye, when ye had seen it, **repented** <3338> not afterward, that ye might believe him.*

**Matthew 27:3:** (KJV) *Then Judas, which had betrayed him, when he saw that he was condemned, **repented himself** <3338>, and brought again the thirty pieces of silver to the chief priests and elders.*

**2 Corinthians 7:8:** (KJV) *For though I made you sorry with a letter, I do not **repent** <3338>, though I did **repent** <3338>: for I perceive that the same epistle hath made you sorry, though it were but for a season.*

**Hebrews 7:21:** (KJV) *(For those priests were made without an oath; but this with an oath by him that said unto him, The Lord sware and will not **repent** <3338>, Thou art a priest for ever after the order of Melchisedec:)*



All uses of <3340>:

Matthew 3:2: (KJV) And saying, **Repent ye <3340>**: for the kingdom of heaven is at hand.

Matthew 4:17: (KJV) From that time Jesus began to preach, and to say, **Repent <3340>**: for the kingdom of heaven is at hand.

Matthew 11:20: (KJV) Then began he to upbraid the cities wherein most of his mighty works were done, because they **repented <3340>** not:

Matthew 11:21: (KJV) Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works, which were done in you, had been done in Tyre and Sidon, they would have **repented <3340>** long ago in sackcloth and ashes.

Matthew 12:41: (KJV) The men of Nineveh shall rise in judgment with this generation and shall condemn it: because they **repented <3340>** at the preaching of Jonas; and, behold, a greater than Jonas is here.

Mark 1:15: (KJV) And saying, the time is fulfilled, and the kingdom of God is at hand: **repent ye <3340>** and believe the gospel.

Mark 6:12: (KJV) And they went out and preached that men should **repent <3340>**.

Luke 10:13: (KJV) Woe unto thee, Chorazin! woe unto thee, Bethsaida! for if the mighty works had been done in Tyre and Sidon, which have been done in you, they had a great while ago **repented <3340>**, sitting in sackcloth and ashes.

Luke 11:32: (KJV) The men of Nineveh shall rise up in the judgment with this generation and shall condemn it: for they **repented <3340>** at the preaching of Jonas; and, behold, a greater than Jonas is here.

Luke 13:3: (KJV) I tell you, Nay: but, except ye **repent <3340>**, ye shall all likewise perish.

Luke 13:5: (KJV) I tell you, Nay: but, except ye **repent <3340>**, ye shall all likewise perish.

Luke 15:7: (KJV) I say unto you, that likewise joy shall be in heaven over one sinner that **repenteth <3340>**, more than over ninety and nine just persons, which need no repentance.

Luke 15:10: (KJV) Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that **repenteth <3340>**.

Luke 16:30: (KJV) And he said, Nay, father Abraham: but if one went unto them from the dead, they will **repent <3340>**.

Luke 17:3: (KJV) Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he **repent <3340>**, forgive him.

Luke 17:4: (KJV) And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I **repent <3340>**; thou shalt forgive him.

Acts 2:38: (KJV) Then Peter said unto them, **Repent <3340>**, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.

Acts 3:19: (KJV) **Repent ye <3340>** therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;

Acts 8:22: (KJV) **Repent <3340>** therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.





Acts 17:30: (KJV) *And the times of this ignorance God winked at; but now commandeth all men everywhere to **repent <3340>**:*

Acts 26:20: (KJV) *But shewed first unto them of Damascus, and at Jerusalem, and throughout all the coasts of Judaea, and then to the Gentiles, that they should **repent <3340>** and turn to God and do works meet for repentance.*

2 Corinthians 12:21: (KJV) *And lest, when I come again, my God will humble me among you, and that I shall bewail many which have sinned already and have not **repented <3340>** of the uncleanness and fornication and lasciviousness which they have committed.*

Revelation 2:5: (KJV) *Remember therefore from whence thou art fallen, and **repent <3340>**, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou **repent <3340>**.*

Revelation 2:16: (KJV) ***Repent <3340>**; or else I will come unto thee quickly and will fight against them with the sword of my mouth.*

Revelation 2:21: (KJV) *And I gave her space to **repent <3340>** of her fornication; and she **repented <3340>** not.*

Revelation 2:22: (KJV) *Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation, except they **repent <3340>** of their deeds.*

Revelation 3:3: (KJV) *Remember therefore how thou hast received and heard, and hold fast, and **repent <3340>**. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee.*

Revelation 3:19: (KJV) *As many as I love, I rebuke and chasten: be zealous therefore, and **repent <3340>**.*

Revelation 9:20: (KJV) *And the rest of the men which were not killed by these plagues yet **repented <3340>** not of the works of their hands, that they should not worship devils, and idols of gold, and silver, and brass, and stone, and of wood: which neither can see, nor hear, nor walk:*

Revelation 9:21: (KJV) *Neither **repented <3340>** they of their murders, nor of their sorceries, nor of their fornication, nor of their thefts.*

Revelation 16:9: (KJV) *And men were scorched with great heat, and blasphemed the name of God, which hath power over these plagues: and they **repented <3340>** not to give him glory.*

Revelation 16:11: (KJV) *And blasphemed the God of heaven because of their pains and their sores and **repented <3340>** not of their deeds.*

#### All uses of **<3341>**:

Matthew 3:8: (KJV) *Bring forth therefore fruits meet for **repentance <3341>**:*

Matthew 3:11: (KJV) *I indeed baptize you with water unto **repentance <3341>**: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire:*

Matthew 9:13: (KJV) *But go ye and learn what that meaneth, I will have mercy, and not sacrifice; for I am not come to call the righteous, but sinners to **repentance <3341>**.*

Mark 1:4: (KJV) *John did baptize in the wilderness and preach the baptism of **repentance <3341>** for the remission of sins.*



Mark 2:17: (KJV) *When Jesus heard it, he saith unto them, They that are whole have no need of the physician, but they that are sick: I came not to call the righteous, but sinners to **repentance <3341>**.*

Luke 3:3: (KJV) *And he came into all the country about Jordan, preaching the baptism of **repentance <3341>** for the remission of sins;*

Luke 3:8: (KJV) *Bring forth therefore fruits worthy of **repentance <3341>**, and begin not to say within yourselves, We have Abraham to our father: for I say unto you, That God is able of these stones to raise up children unto Abraham.*

Luke 5:32: (KJV) *I came not to call the righteous, but sinners to **repentance <3341>**.*

Luke 15:7: (KJV) *I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no **repentance <3341>**.*

Luke 24:47: (KJV) *And that **repentance <3341>** and remission of sins should be preached in his name among all nations, beginning at Jerusalem.*

Acts 5:31: (KJV) *Him hath God exalted with his right hand to be a Prince and a Saviour, for to give **repentance <3341>** to Israel, and forgiveness of sins.*

Acts 11:18: (KJV) *When they heard these things, they held their peace, and glorified God, saying, Then hath God also to the Gentiles granted **repentance <3341>** unto life.*

Acts 13:24: (KJV) *When John had first preached before his coming the baptism of **repentance <3341>** to all the people of Israel.*

Acts 19:4: (KJV) *Then said Paul, John verily baptized with the baptism of **repentance <3341>**, saying unto the people, that they should believe on him which should come after him, that is, on Christ Jesus.*

Acts 20:21: (KJV) *Testifying both to the Jews, and also to the Greeks, **repentance <3341>** toward God, and faith toward our Lord Jesus Christ.*

Acts 26:20: (KJV) *But shewed first unto them of Damascus, and at Jerusalem, and throughout all the coasts of Judaea, and then to the Gentiles, that they should repent and turn to God, and do works meet for **repentance <3341>**.*

Romans 2:4: (KJV) *Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to **repentance <3341>**?*

2 Corinthians 7:9: (KJV) *Now I rejoyce, not that ye were made sorry, but that ye sorrowed to **repentance <3341>**: for ye were made sorry after a godly manner, that ye might receive damage by us in nothing.*

2 Corinthians 7:10: (KJV) *For godly sorrow worketh **repentance <3341>** to salvation not to be repented of: but the sorrow of the world worketh death.*

2 Timothy 2:25: (KJV) *In meekness instructing those that oppose themselves; if God peradventure will give them **repentance <3341>** to the acknowledging of the truth.*

Hebrews 6:1: (KJV) *Therefore leaving the principles of the doctrine of Christ, let us go on unto perfection; not laying again the foundation of **repentance <3341>** from dead works, and of faith toward God.*

Hebrews 6:6: (KJV) *If they shall fall away, to renew them again unto **repentance <3341>**; seeing they crucify to themselves the Son of God afresh and put him to an open shame.*



**Hebrews 12:17:** (KJV) *For ye know how that afterward, when he would have inherited the blessing, he was rejected: for he found no place of **repentance** <3341>, though he sought it carefully with tears.*

**2 Peter 3:9:** (KJV) *The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to **repentance** <3341>.*



christianquestions.com

