

Repentance- a change of mind; turning from one way of thinking and behavior to GOD's way. Today we are repenting for the actions in our lives that hinder our walk with GOD.

As I Repent, I turn away from every sin that closed doors that GOD desired to be open in my life. I overcome everything that has seemed to hinder me from walking in the fullness of what GOD has for me. I repent for the sins that I have committed knowingly and unknowingly. As I repent with a true heart of repentance, I AM free from condemnation. Lord, I am open to receive the knowledge and freedom that true repentance brings. Thank you for Giving Me a Heart of Repentance.

What is the real meaning of repentance?

Repentance is reviewing one's actions and feeling contrition or regret for past or present wrong doings which is accompanied by commitment to an actual action that show and improve change for the better.

What did Jesus mean by repent?

Jesus Christ suffered the penalty for our sins so that we can repent. Repentance is a change of heart and mind that brings us closer to God. It includes turning away from sin and turning to God for forgiveness. It is motivated by love for God and a sincere desire to obey His commandments.

What are the five steps to repentance?

- Step 1: Confession
- Step 2: Acknowledge you were wrong
- Step 3 Express Regret
- Step 4 Commit to change
- Step 5: Ask for Forgiveness

Why is it difficult to repent?

There are many reasons why we find repentance hard but maybe one of the biggest is we do not see our sin as it truly is. Maybe we are in the habit of comparing ourselves with others – and, in the grand scheme of thing, our transgressions don't seem too bad, so we tell ourselves our wayward heart is no big deal.

Points of Reflection

1. What areas in my life do I need to surrender fully to God?
(Reflection: Identify specific habits, behaviors, or mindsets that hinder your relationship with God and commit to turning from them.)
2. How can I ensure that my repentance is not just words but is accompanied by tangible actions that align with God's will?
(Reflection: Evaluate whether your repentance leads to lasting change and seek ways to demonstrate your commitment to God daily.)
3. What does true repentance mean for my identity in Christ, and how does it free me from guilt and condemnation to walk in God's fullness?
(Reflection: Meditate on the transformative power of repentance and how it restores your relationship with God, freeing you to live abundantly in His grace.)

Key Scriptures: [2 Chronicles 7:14](#), [2 Peter 3:9](#), [Acts 3:19](#)

2 Chronicles 7:14 If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 Peter 3:9 The Lord is not slack concerning His Promises, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance.

Acts 3:19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord.

Suggested Scripture Reading: [1 John 1:8-9](#), [Proverbs 28:13](#), [Isaiah 43:25](#), [Isaiah 55:7](#), [Psalm 32:5-7](#)

1 John 1:8-9 If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Proverbs 28:13 He who covers his sins will not prosper, but whoever confess and forsakes them will have mercy.

Isaiah 43:25 “I, even I, am He who blots out your transgressions for My own sake; and I will not remember your sins.

Isaiah 55:7 Let the wicked forsake his way, and the unrighteous man his thoughts; Let him return to the Lord, and He will have mercy on him; and to our GOD for He will abundantly pardon.

Psalms 32:5-7 I acknowledged my sin to You, and my iniquity I have not hidden. I said, “I will confess my transgressions to the Lord,” and You forgave the iniquity of my sin. *Selah* For this cause everyone who is godly shall pray to You In a time when You may be found; Surely in a flood of great waters. They shall not come near him. You *are* my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. *Selah*

2 Corinthians 5:17 Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

Why do we fast?

Fasting is a spiritual discipline that helps us focus on God, break spiritual strongholds, and receive clarity, strength, and renewal.

Isaiah 58:6 “/s this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

The power of prayer

Prayer connects us with God to bring about transformation and align our will with His.

James 5:16 The effective, fervent prayer of a righteous man avails much.