

# Repentance Worksheet

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There are four components to Biblical repentance.

1. Confession of Sin
2. Seeking Forgiveness
3. Turning from sin
4. Living God's Way

LOOK UP THESE VERSES DEALING WITH REPENTANCE AND RECORD YOUR OBSERVATIONS:

- Matthew 3:2
  
- Matthew 4:17
  
- Matthew 11:20
  
- Matthew 11:21
  
- Matthew 12:41
  
- Mark 1:15
  
- Mark 6:12
  
- Luke 10:13
  
- Luke 11:32

- Luke 13:3
  
- Luke 13:5
  
- Luke 15:7
  
- Luke 15:10
  
- Luke 16:30
  
- Luke 17:3
  
- Luke 17:4
  
- Acts 2:38
  
- Acts 3:19
  
- Acts 8:22
  
- Acts 17:30
  
- Acts 26:20
  
- 2 Corinthians 12:21

- Revelation 2:5
  
- Revelation 2:16
  
- Revelation 2:21, 22
  
- Revelation 3:3
  
- Revelation 3:19
  
- Revelation 9:20
  
- Revelation 9:21

Confession is first and foremost agreeing with God about what is wrong. Because sin divides, it is necessary to understand how your actions have hindered relationships with others. In Matthew 7:3 Jesus spoke of being aware of self-examination to discover sin in one's own life. As you go through the process of self-examination, what sins are evident that have caused problems with others in your life?

- A.
  
- B.
  
- C.
  
- D.
  
- E.
  
- F.
  
- G.
  
- H.

I.

J.

K.

This list will be ongoing. Psalm 51 (each verse) forms a good Biblical framework on confession.

- Psalm 51:1
  - Vs. 2
  - Vs. 3
  - Vs. 4
  - Vs. 5
  - Vs. 6
  - Vs. 7
  - Vs. 8
  - Vs. 9
  - Vs. 10
  - Vs. 11
  - Vs. 12
  - Vs. 13
  - Vs. 14
  - Vs. 15
  - Vs. 16
  - Vs. 17
  - Vs. 18

- Vs. 19

Forgiveness is a three-fold promise:

1. I will not bring this sin up again
2. I will not bring this sin up to God again
3. I will not bring this sin up to others again

1 John 1:1-10 should be motivation enough to lead Christians to constant confession. While confession might not seem desirable, it forces humility and humility is good. Urging confession to God is not as hard as confession our sins to others. However, when you sin against others develop a plan of action to go to them and ask their forgiveness. Remember, forgiveness is not an apology.

- Forsaking Sin

Perhaps no other area of Christianity eludes us than that of developing a strategy to forsake sin. For each sin you list write out a specific plan of action that you can implement immediately that will help keep you from repeating this sinful action. Such action plans might include:

- Prayer
- Accountability
- Bible Study
- Counsel
- Restructuring life behavior patterns

#### 4. New Way of Life

For every sin listed, write out the opposite behavior that you want to begin to model in your life.

*A PERSON WHO IS TRULY REPENTANT WILL EXPERIENCE THE FULL-ORBED INSIDE TO OUTSIDE CHANGE THAT WILL BEGIN TO AFFECT HIS/HER PURPOSES, INTENTIONS, AND ACTIONS.*