

REPENTANCE

A Care + Counsel Resource

Repentance is acknowledging our sin (mind), with genuine sorrow (emotion), and changing our behavior (will).

Genuine repentance involves our mind, emotion, and will.

- **Mind** - acknowledging our sin

Not minimizing, not rationalizing, not excusing, not blame-shifting.

- **Emotion** - genuine sorrow; a broken and contrite heart

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. - 2 Corinthians 7:10

Worldly Sorrow	Godly Sorrow
Focus on Self	Focus on God & Others
Turns to Sin	Turns from Sin
Feeling Sorry	Being Grieved
Prideful & Conceited	Broken & Contrite

- **Will** - turning from sin and changing future actions

All true repentance involves a change of action. It's not enough to confess sin. True repentance involves forsaking sin.

¹³ *Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. - Proverbs 28:13*

My Psalm of Repentance

*Write out your Psalm 51 following the framework of David – repent, renew, restore.
This is your prayer to God. Be completely honest; “a broken spirit and contrite heart he will not despise” (v 17). Be raw and gritty; God can handle it. Be specific; He already knows.*

<p>REPENT: I have sinned</p>	
<p>RENEW: Clean my heart</p>	
<p>RESTORE: Give me joy & purpose</p>	