Podcast Episode Notes
Season 4 Episode 1 Repent to Reset

The new year is a time to reset. We reflect, we plan and we take action. But how about starting 2022 with something different — repentance? Taking time for confessions seems like a lost spiritual discipline these days. The heart and act of repentance that should follow takes humility and courage. It's hard but worth it.

The Meaning of Repentance
A turning around, to turn around or to head back home
It's not so much a command as it is an invitation to set our hearts toward home
Carries the meaning to convert or change
Exchanging the currency of the world's ways with the currency of God's ways
God's restoring us to our intended design and condition through repentance
Turning away from sin and turning toward God

"Repentance is different from being sorry. Repentance brings about a heart and life change, while being sorry is simply feeling bad for getting caught." (2 Corinthians 7:9-11)

We cannot repent for something we are not aware of doing. Nor can we repent of something we don't believe is wrong. We need God's light in our lives to see things as He sees them.

As believers, it is important for us to cultivate an attitude of correctability, desiring to walk in God's light and truth before Him and others.

Repentance Reflection Points
• As the Holy Spirit convicts you of your sin, ask Him to show you the commands of God in Scripture that you broke by committing that sin.
• Invite the Holy Spirit to reveal to you all the people you hurt through that sin.
•Ask the Holy Spirit to uncover the true motives of your heart that led you to that sin.
•Invite the Holy Spirit to reveal to you the influences in your life that pointed you toward that sin.
•Ask the Holy spirit to show you how you hindered God's work and aided Satan's cause through that sin.

Additional Scripture References - Matthew 4:17, Matthew 12:41, Mark 6:12, Acts 2:38, Acts 11:18, Acts 17:30, Proverbs 8:13

You can find more about confession and repentance in Chapter 4 of *A Discipleship Journey: A Proven and Practical Tool for Making Disciples of Jesus*. The new, updated edition is now available at Lionshare.org. The e-book is available on Amazon.

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