

**CHOOSE FREEDOM SUPPORT GROUP**  
**WEEK 7 SUPPLEMENT**

**Repentance**

Here is a definition of repentance from *Eerdmans Bible Dictionary*: *"In its fullest sense it is a term for a complete change of orientation involving a judgment upon the past and a deliberate redirection for the future."*

The word repentance in scripture literally means "the act of changing one's mind." John the Baptist began his ministry by telling the people to repent.

Matthew 3:2

In those days John the Baptist came preaching in the wilderness of Judea, 2 "Repent, for the kingdom of heaven is at hand."

Then Jesus said the very same thing.

Matthew 4:17

From that time Jesus began to preach, saying, "Repent, for the kingdom of heaven is at hand."

Luke 5:32

I have not come to call the righteous but sinners to repentance.

Luke 13:4-5

Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? 5 No, I tell you; but unless you repent, you will all likewise perish.

Luke 24:47

and that repentance for the forgiveness of sins should be proclaimed in His name to all nations, beginning from Jerusalem.

3 Greek words in the New Testament used for repentance:

- Metamelomai: (verb) to care afterwards; show regret or remorse for wrongdoing but may not include a change of heart and behavior. This root word is used in Matthew 27:3 to describe the guilt Judas felt over betraying Jesus.
- Metanoeco: (verb) to think differently, reconsider, morally to feel compunction
- Metanoia: (noun) true biblical repentance includes awareness of sin, faith in the mercy of Christ, turning from sin, and obeying God's commands.

Awareness of our sin and a need for a savior

Psalm 51:4-10 and Psalm 109:21-22

Depend on God's mercy in Christ Jesus

Psalm 51:1 and Psalm 130:4

Attitude adjustment

Psalm 119:128 and 2 Corinthians 7:10

Walk with God in His Divine Nature  
2 Timothy 2:19-22 and 1 Peter 1:16

True repentance requires a complete and irreversible change of mind, heart, and actions. Sounds challenging? It is when we attempt it on our own, in our old nature. This is exactly why we need God's Word to renew our mind.

### **Renewed Mind**

Galatians 2:20 (ESV)

20 I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the LIFE I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Colossians 3:2-4 (ESV)

2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your LIFE is hidden with Christ in God. 4 When Christ who is your LIFE appears, then you also will appear with him in glory.

1 Thessalonians 2:13 (HCSB)

This is why we constantly thank God, because when you received the message about God that you heard from us, you welcomed it not as a human message, but as it truly is, the message of God, which also works effectively in you believers.

Romans 12:1-2 (HCSB)

Therefore, brothers, by the mercies of God, I URGE you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship. Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.

Romans 6:11-13 (ESV)

So you also must consider yourselves dead to sin and alive to God in Christ Jesus. 12 Let not sin therefore reign in your mortal body, to make you obey its passions. 13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.

### **Grace and Who You Are in Christ**

Your life is in Him, so EVERYthing is by grace, through faith.

Ephesians 2:8-10 (ESV)

8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created IN CHRIST JESUS for good works, which God prepared beforehand, that we should walk in them.

Romans 4:13, 16 (ESV)

13 For the promise to Abraham and his offspring that he would be heir of the world did not come through the law but through the righteousness of faith. 16 That is why it depends on faith, in order that the promise may rest on grace and be guaranteed to all his offspring...

Romans 5:2 (ESV)

2 Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God

Hebrews 13:20-21 (ESV)

20 Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, 21 equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

1 Corinthians 15:10 (ESV)

But by the grace of God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me.

Romans 8:29-30 (ESV)

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

### **Transformation**

Continue in the process of transformation: put off the old and put on Christ.

- Take off the old self
- Be renewed in mind
- Put on your New Creation made in the image of God from the beginning. Who you were always meant to be.

Hebrews 6:11-12 (ESV)

11 And we desire each one of you to show the same earnestness to have the full assurance of hope until the end, 12 so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.

Continue to speak the word to renew your mind. Do NOT give the devil (OR your old nature) a foothold. Ask His Holy Spirit in you to show you and remind you with His word.

**Always remember**, God gives us the desire AND the ability to do this. He does the work as we rest in Him. You CAN run and rest!

Philippians 2:13 (AMPC)

[Not in your own strength] for it is God Who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.

**This is the truth to speak and trust in to renew your mind and transform you into His image; one that abides fully in His divine nature. This means you walk in His peace, joy, power, healing, promises, and so much more.**

**I have hope because I see the promises of God and I know they are all mine. If I don't see them manifest yet, I know I will! I SEE myself walking in those promises. I SEE myself transformed in My new creation. I have already received.**

**I rejoice in where God is going to take me as His promise is already manifested. That is real hope. My hope locks into Father's promise, sees me at the promise, and my faith moves me forward to the promise.**

### **New Creation Prayer**

*I thank You, Father, that You grant me wisdom whenever I ask without any reproach, no matter how much I may stumble as I grow in my knowledge of You. I do NOT doubt Your word because I abide in Your faith and Your faith does not lack.*

*As I abide in You, I have Your level of faith because You are the author and finisher of my faith. I do not doubt in Your promises to answer me as I ask in faith. I do not lack faith because You promise it to me as I abide in You.*

*Thank You, Father, that you are pleased when I come to You, with faith by Your grace. You promise to provide faith; it is guaranteed by You, and I believe Your word, so I have no lack of faith. I reject ALL doubts that come from my old nature or the enemy of my soul. I cast them down whenever they come, and I take them captive in obedience to You Lord.*

*I believe against natural hope because my hope is in You and because You, Lord, call into existence that which does not exist as I walk in faith. No unbelief will cause me to waver in my faith. I am fully convinced You keep ALL Your promises to me.*

*I enter Your rest AND Your promises as I trust in You. I am no longer under the yoke of the enemy. You give me rest from working to achieve Your promises. Thank You Jesus!*

*I strive to cease from my own works because I have Your full assurance of hope! Father, I trust You to show me how to enter Your rest, the rest Christ Jesus died to give to me.*

*Father, I trust You and I know in You, I can do what You say I can do and in You, I can be who You say I am. You promise to equip me with everything I need, including the faith You give me by grace, to please You. Thank You, Lord!*