

Lesson 7 — Repentance

The Wheel of Faith

Big Idea

Repentance is the response of a heart awakened by God, through an awareness of the life of Jesus culminating at the cross which results in—turning from sin and turning toward Christ in trust. Repentance is not self-generated sorrow or emotional intensity. It is a response to divine light. God awakens; the heart responds. This lesson clarifies that repentance is not fear-driven shame but grace-enabled turning. In short this is the mechanism by which real change happens!

Why This Study Matters

Repentance is often misunderstood as fear, guilt, or self-effort. Scripture reveals repentance as a gift from God and a hopeful turning made possible by grace. This study invites you to experience repentance as freedom rather than shame.

1. Repentance as God's Initiated Gift

Read: Mark 1:15 Acts 5:31

Group Questions:

- Why does Jesus join repentance and faith {belief} together?
- According to Acts 5:31 why is it important to understand that repentance comes from God?

Theological guardrail: Real repentance comes from God because it cannot be self-generated. Which means we are not in control of repentance! Also faith and repentance work together. God's part is to show us the truth, and our part {faith} is to believe what he has shown us, and then do what he has asked.

2. Awakening the Will — The Gift of Enmity

Read: Genesis 3:15

Group Questions: What do you think the word enmity means?

- Why is resistance to sin not natural after the Fall?
- How does God's gift of enmity make repentance possible?

Theological guardrail: After the Fall, humanity does not naturally hate sin. The “enmity” is divine initiative—God restoring moral clarity. Without this awakening, sin would remain attractive.

3. Repentance as Change of Mind and Direction

Read: 2 Corinthians 4:6

Group Questions:

- How does seeing Jesus clearly affect desire?
- Why does repentance involve more than regret?

Theological guardrail:

Seeing Christ changes what the heart loves.—“God... hath shined in our hearts.” So it is more than [not doing] repentance is also leading us to becoming like Christ

4. Repentance and Fruit

Read: Matthew 3:8

Group Questions:

- What is the fruit of repentance?

Theological guardrail: The fruits of repentance are a new direction in life, or bringing the life into alignment with the life of Christ. The fruit of a new life is the evidence that repentance is real. It is never the cause of our salvation.

5. Yielding to Conviction

Read: Psalm 51:3, Proverbs 28:13, John 3:20-21

Group Questions:

- What is the difference between **feeling bad about sin** and **acknowledging sin before God**?
- In John 3:20–21, what does it practically look like to “**come to the light**” instead of avoiding it?
- What are some subtle ways we might **minimize, justify, or rename sin** instead of acknowledging it?
- What does it mean, in a practical sense, for the heart to say “**yes**” to the Spirit’s **conviction**?
- According to Proverbs 28:13, how is **confession** more than feeling conviction—does it require us to **verbalize our sin to God and ask for forgiveness** in order to receive mercy?

Theological guardrail

When the Holy Spirit brings conviction, repentance is not automatic—it must be **received and yielded to**. The Spirit reveals sin, but the heart must **acknowledge** what God reveals rather than resist it.

Read this quote and discuss from the book *Steps to Christ*:

“But when the heart yields to the influence of the Spirit of God, the conscience will be quickened, and the sinner will discern something of the depth and sacredness of God’s holy law, the foundation of His government in heaven and on earth. The “Light, which lighteth every man that cometh into the world,” illumines the secret chambers of the soul, and the hidden things of darkness are made manifest.”
(*Steps to Christ*, p. 24)

6. When We Fall Again

Read: 1 John 2:1-3

Group Questions:

- What is the difference between **falling into sin** and **continuing in sin**?
- When we fail, what usually keeps us from **coming back to Christ immediately**?
- How does understanding Christ as Advocate change the way we respond after we sin?
- What are some subtle ways we might treat grace as “cheap” by wanting forgiveness without a real turning of the heart?

Theological Guardrail:

Repentance is not a one-time event—it is a **living relationship with Christ**. Even after genuine repentance, the believer may stumble again. The question is not *if* we fall, but **where we turn**

when we do. Christ does not stand distant from the repentant sinner—He stands as our **Advocate.**

7. The danger of procrastination:

Read: Hebrews 3:15-19

Group Questions:

- How does the text describe those that refuse to listen to God?
 - What are the dangers of a hardened heart?
 - Where might you be in danger today?
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Appeal:

As the Spirit speaks to your heart right now,

will you yield—acknowledge what He reveals—and bring it to Christ?

Experiential Reality — Repentance

A 7-Day Journey of Stepping Into the Light

Repentance does not begin with self-examination.
It begins with invitation.

Scripture does not call us to search our own hearts in isolation, but to invite God to search us in love. True repentance occurs as we step into the light, allowing truth to reveal what is present—without fear, hiding, or resistance.

But when light reveals, the heart must respond.
Repentance is completed as the heart **yields** to what God shows.

This seven-day journey is designed to help us experience repentance as Scripture presents it: not as shame-driven exposure, but as a willing movement toward light—and a **yielding response to truth.**

Day 1 — Invite God to Search You

- **Scripture:** Psalms 139:23–24
- **Practice:**
Begin the day with this prayer. Do not add explanations or conditions.
Simply invite God to search.
- **Reflection:**
Am I willing to be known by God without managing the outcome?

- **Prayer Time:**
Ask God for a willing heart that does not resist what He reveals.
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Day 2 — Notice the Difference Between Light and Darkness

- **Scripture:** John 3:19
 - **Practice:**
Reflect quietly on moments when you instinctively avoid God's presence, Scripture, or prayer.
 - **Reflection:**
What might I be protecting when I avoid the light?
 - **Prayer Time:**
Ask God to help you see where you resist His light.
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Day 3 — Recognize That Avoiding Light Is a Choice

- **Scripture:** John 3:20
 - **Practice:**
Observe your inner reactions when truth confronts you.
Do you:
 - distract?
 - justify?
 - minimize?
 - withdraw?
 - **Reflection:**
How do I typically respond when light begins to expose something uncomfortable?
 - **Prayer Time:**
Ask God for honesty about your natural responses.
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Day 4 — Step Into the Light on Purpose

- **Scripture:** John 3:21
- **Practice:**
Consciously step into the light today:
 - linger in Scripture instead of rushing, and allow the mind to be influenced by the Holy Spirit.
- **Reflection:**
What happens internally when I stop hiding and simply remain in the light?
- **Prayer Time:**
Ask God to help you remain where His light is working.

Day 5 — Let the Light Reveal Without Resistance

- **Scripture:** Psalms 139:24
- **Practice:**
If something is revealed, resist the urge to defend or explain it away.
Do not argue with the light—**allow it, and yield to it.**
- **Reflection:**
Can I allow truth to be revealed without resisting or protecting myself?
- **Prayer Time:**
Ask God for a heart that yields instead of reacts.

Day 6 — Yield and Respond to What Is Revealed

- **Scripture:** Proverbs 28:13
- **Practice:**
Respond to what has been revealed with simple honesty then confession /surrender and trust

Do not delay—**yield immediately to the Spirit's conviction.**

- **Reflection:**
What does it feel like to stop covering and start yielding?
- **Prayer Time:**
Confess openly and ask God for a willing, surrendered heart.

Day 7 — Return to Christ and Walk Forward

- **Scripture:** 1 John 2:1
 - **Practice:**
If you fall, do not withdraw—return immediately to Christ.
Trust Him as your Advocate and continue walking forward.
 - **Reflection:**
Where do I go after failure—away from Christ or toward Him?
 - **Prayer Time:**
Thank Jesus for receiving you again and leading you forward.
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Experiential Summary Statement:

Repentance is not the result of being exposed against our will.
It is the fruit of willingly stepping into the light—and **yielding to what the light reveals**.

Those who resist the light do so to protect themselves;
those who come to the light do so because they trust God.

When we invite God to search us, light reveals truth, grace removes fear, and the heart that **yields** finds that repentance is not a burden of shame—but a pathway to freedom in Christ.