

One Step to Freedom Chapter 3: Forgiveness

Lesson 3

REPENTANCE : TURNING AWAY FROM SIN

**KJV biblical definition of Repentance: true sincere penitence; sorrow or deep contrition for sin, as an offense and dishonor to God, in violation of his holy law, and the basest ingratitude towards God accompanied and followed by amendment; change of life, change of mind, or a conversion from sin to God ie; The conscious, purposeful relinquishment of any practice, from conviction that it has offended God.*

**When we have sinned, not only do we need to confess our sins, but more importantly, we need to stop doing sinful things. This is called repentance. True repentance results in a change of mind that results in a change of action turning one away from self to God in their thinking, motives, intentions, desires/appetites, attitudes, opinions, views and behavior:*

**True repentance can only come from Godly sorrow:*

2 Corinthians 7:10 (NKJV) ¹⁰ For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death.

1.) What is the difference between Godly sorrow and worldly sorrow?

Acts 3:19 (AMP) ^{19a} So repent; change your inner self; your old way of thinking, regret past sins (godly sorrow) and return to God, seek His purpose for your life,
^b so that your sins may be wiped away blotted out, completely erased, so that times of refreshing may come from the presence of the Lord restoring you like a cool wind on a hot day;

1.) In vs.19a; what are the instructions given for repentance?

2.) In vs.19b; What are the effects/benefits of forgiveness for repented sin coming from godly sorrow?

**The command to live lives consistent with repentance:*

Acts 26:20 (AMP) ²⁰ but I openly proclaimed first to those at Damascus, then at Jerusalem and throughout the region of Judea, and *even* to the Gentiles, that they should repent, change their inner self, their old way of thinking and turn to God, doing deeds and living lives which are consistent with repentance.

**The command to produce fruit consistent with repentance:*

Matthew 3:8 (AMP) ⁸ So produce fruit that is consistent with repentance; demonstrating new behavior that proves a change of heart, and a conscious decision to turn away from sin;

1.) *What is the proof/evidence/ fruit that is consistent with repentance in this verse?*

2.) *Who can we think of in the bible who had true godly sorrow and produced fruit consistent with repentance?*

**A biblical account of true repentance that came from godly sorrow:*

2 Corinthians 7:9-11(AMP) ⁹ yet I am glad now, not because you were hurt and made sorry, but because your sorrow led to repentance and you turned back to God; for you felt a grief such as God meant you to feel, so that you might not suffer loss in anything on our account. ¹⁰ For godly sorrow that is in accord with *the will of God* produces a repentance without regret, *leading* to salvation; but worldly sorrow the hopeless sorrow of those who do not believe produces death. ¹¹ For you can look back and see what an earnestness *and* authentic concern this godly sorrow has produced in you: what vindication of yourselves against charges that you tolerate sin, what indignation at sin, what fear [of offending God, what longing for righteousness and justice, what passion [to do what is right, what readiness to punish those who sin and those who tolerate sin! At every point you have proved yourselves to be innocent in the matter.

**Repentance works itself out practically as we turn away from sin and desire to turn to God seeking His righteousness instead of our former life of sin:*

Matthew 5:6 (NKJV) “Blessed are those who hunger and thirst for righteousness, for they shall be filled.”

1.) *What is the promise for those who hunger and thirst for righteousness?*

**Examples of this promise for those who hunger and thirst for righteousness:*

Psalm 107:9 (NKJV) ⁹ For God satisfies the longing/*thirsting* soul, And fills the hungry soul with goodness.

1.) *What are the promises for the hungry and thirsty soul in this verse?*

Proverbs 10:3a (NKJV) ³ The LORD will not allow the righteous soul to famish,

1.) *What is the promise for the righteous soul in this verse?*

Isaiah 33:15-16 (NKJV) ¹⁵ He who walks righteously and speaks uprightly, He who despises the gain of oppressions, Who gestures with his hands, refusing bribes, Who stops his ears from hearing of bloodshed, And shuts his eyes from seeing evil: ¹⁶ He will dwell on high; His place of defense *will be* the fortress of rocks; Bread will be given him, His water *will be* sure.

1.) *In vs.15; What are the attributes of righteousness given in these verses?*

2.) *In vs.16; What are the promises of the righteous who fulfill these attributes?*

**The righteousness we are to hunger and thirst for:*

Matthew 6:33 (AMP) ³³ But first and most importantly seek, aim at, strive after, hunger and thirst after *God`s kingdom and *His righteousness , His way of doing and being right; the attitude and character of God, and all these things will be given to you also.

**God`s kingdom:*

Romans 14:17(NKJV) ^{17a} for the kingdom of God is not eating and drinking, ^b but righteousness and peace and joy in the Holy Spirit.

1.) *In vs.17b; Where else in scripture do we find these attributes of God`s kingdom?*

2.) *Can we experience God`s righteousness and peace and joy without The Holy Spirit?*

**The righteousness we are to hunger and thirst for: God`s righteousness revealed in His Gospel/Word:*

Romans 1:17 (NKJV) ¹⁷ For in the Gospel the righteousness of God is revealed, both springing from faith and leading to faith disclosed in a way that awakens more faith. As it is written and forever remains written, “THE JUST and UPRIGHT SHALL LIVE BY FAITH.”

1.) How is God`s righteousness revealed in His Word?

**The righteousness we are to hunger and thirst for- The righteousness of God`s judgement:*

Psalm 9:8 (NKJV) ⁸ God shall judge the world in righteousness, And He shall administer judgment for the peoples in uprightness/righteousness.

References; [Romans 2:6-11](#), John 5:28-29, 1 Peter 1:17

**God is the “food source of righteousness” who supplies the elements that produce righteousness:*

2 Corinthians 9:10 (NKJV) ¹⁰ Now may He (God) who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness,¹¹ while you are enriched in everything for all liberality, which causes thanksgiving through us to God. Reference; Psalm 107:9

**The daily meal of righteousness we are to partake of:*

Deuteronomy 8:3 (NKJV) ³ So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD. reference; Job 23:12, Jeremiah 15:16

John 4:34 (NKJV) ³⁴ Jesus said to them, “My food is to do the will of Him who sent Me, and to finish His work.”

John 6:35 (NKJV) ³⁵ And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.

1 Corinthians 10:3-4 (NKJV) ³ all ate the same spiritual food, ⁴ and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that Rock was Christ.

**The food and drink we are not to hunger and thirst after:*

Isaiah 55:2 (NKJV) ² Why do you spend money/*time/effort* for *what is* not bread, And your wages for *what* does not satisfy? Listen carefully to Me, and eat *what is* good, And let your soul delight itself in abundance.

John 6:27 (AMP) ²⁷ Do not work for food that perishes, but for food that endures [and leads] to eternal life, which the Son of Man will give you; for God the Father has authorized Him *and* put His seal on Him.”

John 4:13-14 (EXB) ¹³ Jesus answered, “Everyone who drinks this water will be thirsty again, because physical water only temporarily satisfies thirst, ¹⁴ but whoever drinks the water I give will never be thirsty, because spiritual renewal/eternal life is forever. The water I give will become a spring of water gushing up inside that person, giving eternal life.

**A call from God to an assessment of the state of His temple within us; is it time to rebuild? References: 1 Corinthians 3:16-17, 1 Corinthians 6:19-20*

Haggai 1:3-11(NKJV) ³ Then the word of the LORD came by Haggai the prophet, saying, ⁴“*Is it* time for you yourselves to dwell in your paneled houses, and God’s temple *to lie* in ruins?” ⁵ Now therefore, thus says the LORD of hosts: “Consider your ways/state your in!

⁶“You have sown much, and bring in little; You eat, but do not have enough; You drink, but you are not filled with drink; You clothe yourselves, but no one is warm; And he who earns wages, Earns wages *to put* into a bag with holes.”

⁷ Thus says the LORD of hosts: “Consider your ways! ⁸ Go up to the mountains and bring wood and build the temple, that I may take pleasure in it and be glorified,” says the LORD. ⁹“*You* looked for much, but indeed *it came to* little; and when you brought it home, I blew it away. Why?” says the LORD of hosts. “Because of My house that *is in* ruins, while every one of you runs to his own house. ¹⁰ Therefore the heavens above you withhold the dew, and the earth withholds its fruit. ¹¹ For I called for a drought on the land and the mountains, on the grain and the new wine and the oil, on whatever the ground brings forth, on men and livestock, and on all the labor of *your* hands.”

**reflection; Consider your ways; Is this the state your in? Are you spending more time taking care of and feeding your earthly temple than God`s temple? is God`s temple within you in ruins? Is it time to rebuild God`s temple, who You are?*

**The many reason`s for the need of, daily confession and repentance: our sin nature!*

Romans 7:18-19 (NKJV) ¹⁸ For I know that in me, that is, in my flesh, nothing good dwells; for to will is present with me, but *how* to perform what is good I do not find. ¹⁹ For the good that I will *to do*, I do not do; but the evil I will not *to do*, that I practice.

Romans 7:21-25 (NKJV) ²¹ I find then a law, that evil is present with me, the one who wills to do good. ²² For I delight in the law of God according to the inward man. ²³ But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. ²⁴ O wretched man that I am! Who will deliver me from this body of death? ²⁵ I thank God—through Jesus Christ our Lord!

Galatians 5:17 (NKJV) ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Matthew 26:41 (NKJV) ⁴¹ Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.

Jeremiah 17:9 (NKJV) ⁹ “The heart *is* deceitful above all *things*, And desperately wicked; Who can know it?

Genesis 6:5 (AMP) The LORD saw that the wickedness (depravity) of man was great on the earth, and that every imagination *or* intent of the thoughts of his heart were only evil continually.

Romans 8:7 (AMP) the mind of the flesh with its sinful pursuits is actively hostile to God. It does not submit itself to God’s law, since it cannot.

1 Peter 5:8 (KJV) ⁸ Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

Ephesians 6:12 (NKJV) ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places*.

Proverbs 20:9 (NKJV) ⁹ Who can say, “I have made my heart clean, I am pure from my sin”?

**Jesus died for our sins once and for all so that we would follow His example and live for Him. He does not forgive our sins so we can go on sinning repeatedly over and over. Rather He desires for us to love Him (instead of sin), and serve Him (instead of our sinful nature).*

2 Corinthians 5:21 (NKJV) ²¹ For He (God) made Him (Jesus Christ) who knew no sin *to be* sin for us, that we might become the righteousness of God in Him.

1 Peter 2:24 (NKJV) ²⁴ Jesus Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness, by whose stripes you were healed.

1.) Why did Jesus bear our sins in His own body on the tree?

Philippians 3:9 (NKJV) ⁹ and be found in Him, not having my own righteousness, which *is* from the law, but that which *is* through faith in Christ, the righteousness which is from God by faith;

1.) What kind of righteousness are we not to have?

2.) What kind of righteousness are we to have?

Romans 6:10-11 (AMP) ^{10a} For the death that Jesus Christ died, ^b He died to sin ending its power and paying the sinner’s debt once and for all; ^c and the life that Jesus Christ lives, He lives to glorify God in unbroken fellowship with Him.

^{11a} Even so, consider yourselves to be dead to sin and your relationship to it broken, ^b but alive to God in unbroken fellowship with Him in Christ Jesus.

1.) In vs.10b; What was put to death in Jesus Christ`s death?

2.) In vs 10c; What is the life Jesus Christ lives after His death?

3.) *In vs.11a; What are we to consider ourselves dead to?*

4.) *In vs.11b; What are we instructed to be alive to?*

Romans 6:6 (NKJV) ^{6a} knowing this, that our old man was crucified with Jesus Christ, that the body of sin might be done away with, ^b that we should no longer be slaves of sin.

1.) *In vs.6a; How is the body of sin done away with?*

2.) *In vs.6b; What are we no longer to be?*

**The spiritual nature of those born again of God in reference to sin:*

1 John 5:18 (AMP) ^{18a} We know that anyone born again of God does not habitually sin; ^b but He (Jesus) who was born of God keeps *and* protects him, and the evil one does not touch him.

1.) *In vs.18a; What is characteristic of anyone born of God?*

2.) *In vs.18b; What benefits does the one born of God have in regards to Jesus Christ?*

3.) *Are you born of God?*

1 John 3:6 (AMP) ^{6a} No one who abides in Jesus Christ, deliberately, knowingly, and habitually practices sin. ^b No one who habitually sins has seen Him or known Him.

1.) *In vs.6a; What is the behavior of the one who abides in Jesus Christ?*

2.) *In vs.6b; What is said of someone who habitually sins?*

**God`s warning to those that are saved and continue to sin/backslide:*

Hebrews 10:26-30 (NKJV) ^{26 a} For if we sin willfully after we have received the knowledge of the truth, ^b there no longer remains a sacrifice for sins, ²⁷ but a certain fearful expectation of judgment, and fiery indignation which will devour the adversaries. ²⁸ Anyone who has rejected Moses` law dies without mercy on *the testimony of two or three witnesses*. ^{29a} Of how much worse punishment, do you suppose, will he be thought worthy ^b who has trampled the Son of God underfoot, counted the blood of the *new* covenant by which he was sanctified a common thing, and insulted the Spirit of grace? *Reference; Hebrews 6:4-6,*

1.) In vs.26a; What is willfully sinning after receiving the knowledge of the truth called?

2.) In vs.26b; If we receive the knowledge of the truth and continue to sin willfully, what no longer remains?

3.) In vs.27; What can we expect instead of that which no longer remains?

4.) In vs.28; What happened to those who rejected the law/old covenant of moses?

5.) In vs.29a; What kind of punishment does the one who sins willfully against the new/messianic law/covenant deserve or be thought worthy of?

6.) *In vs.29b; What three things are said of the one who rejects the new messianic law/new covenant ?*

**The effect of backsliding for the believer:*

2 Peter 2:20-22 (NKJV) ^{20a} For if, after they have escaped the pollutions of the world through the knowledge of the Lord and Savior Jesus Christ, they are again entangled in them and overcome *by them*, ^b the latter end is worse for them than the beginning. ²¹ For it would have been better for them not to have known the way of righteousness, than having known *it*, to turn from the holy commandment delivered to them. ²² But it has happened to them according to the true proverb: “A dog returns to his own vomit,” and, “a sow, having washed, to her wallowing in the mire.”

1.) *In vs.20b; What is the result of the one who has escaped the pollutions of the world through the knowledge of The Lord and Savior Jesus Christ and gets entangled and overcome by them again?*

2.) *In vs.21; What is said about those that get entangled again by the pollutions of the world?*

3.) *In vs 22; According to the true proverb, What does it say happened to those that get entangled again by the pollutions of the world?*

**God`s displeasure of the backslider:*

Hebrews 10:38 (KJV) Now the just shall live by faith: but if *any man* draw back, my soul shall have no pleasure in him.

**God`s Judgement on the righteous who turn from righteousness to commit sins of wickedness and abomination:*

Ezekiel 18:24 (NKJV) ²⁴ “But when a righteous man turns away from his righteousness and commits iniquity, and does according to all the abominations

that the wicked *man* does, shall he live? All the righteousness which he has done shall not be remembered; because of the unfaithfulness of which he is guilty and the sin which he has committed, because of them he shall die.

**God`s final verdict on all sin:*

Romans 6:23a (NKJV) for the wages of sin is death

**Everyone is accountable to God. However, for believers there is an increased accountability. God has saved us and forgiven us of our unrighteousness, having revealed Himself and His will to us. He justifiably expects us to be obedient to His will in our life and turn away from sin.*

Psalm 119:9-11(NKJV)⁹ How can a young man/woman cleanse his/her way? By taking heed according to Your word.^{10a} With my whole heart I have sought You; ^b Oh, let me not wander from Your commandments!¹¹ Your word I have hidden in my heart, That I might not sin against You.

1.) *In vs.9; How can a young man/woman cleanse their way?*

2.) *In vs.10a; How are we instructed to seek The Lord?*

3.) *In vs.10b;What is the psalmists prayer request?*

4.) *In vs.11; What can we hide in our hearts to keep from sinning against God ?*

Reference; Psalm 51:4

**The more we study God`s Word and apply it to our lives, the less likely we are to sin against God. As we study God`s Word, He builds us up in our faith, and this helps us to turn away from sin.*

2 Timothy 3:16 (AMP) ¹⁶ All Scripture is God-breathed given by divine inspiration and is profitable for instruction, for conviction of sin, for correction of error and restoration to obedience, for training in righteousness; learning to live in conformity to God's will, both publicly and privately, behaving honorably with personal integrity and moral courage; ¹⁷ so that the man of God may be complete *and* proficient, outfitted *and* thoroughly equipped for every good work.

**The more we study God's Word and apply it to our lives, the less likely we are to sin against God. As we study God's Word, He builds us up in our faith, and this helps us to turn away from sin.*

Psalm 19:7-13 (NKJV) ⁷ The law of the LORD is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple; ⁸ The statutes of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes; ⁹ The fear of the LORD is clean, enduring forever; The judgments of the LORD are true *and* righteous altogether.¹⁰ More to be desired are *they* than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb. ¹¹ Moreover by them Your servant is warned, *And* in keeping them there is great reward. ¹² Who can understand *his* errors? Cleanse me from secret *faults*.¹³ Keep back Your servant also from presumptuous *sins*; Let them not have dominion over me. Then I shall be blameless, And I shall be innocent of ^[L]great transgression.

**The trajectory of the path/course of righteousness:*

2 Timothy 2:22 (NKJV) ²² Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

Proverbs 21:21 (NKJV) ²¹ He who follows righteousness and mercy Finds life, righteousness, and honor.

Proverbs 4:18 (AMP) ¹⁸ But the path of the just and righteous is like the light of dawn, That shines brighter and brighter until it reaches its full strength and glory in the perfect day.

**Exhortation:*

Psalm 106:3 (NKJV) ³ Blessed are those who keep justice, *And* he who does righteousness at all times!

Proverbs 21:3 (NKJV) ³ To do righteousness and justice is more acceptable to the LORD than sacrifice.

Isaiah 33:15-16 (NKJV) ¹⁵ He who walks righteously and speaks uprightly, He who despises the gain of oppressions, Who gestures with his hands, refusing bribes, Who stops his ears from hearing of bloodshed, And shuts his eyes from seeing evil:¹⁶ He will dwell on high; His place of defense *will be* the fortress of rocks; Bread will be given him, His water *will be* sure.