



## I. Repentance—What are we talking about?

*Repentance is a process of change.*

What are the elements of change?  
Into what does someone change?  
What constitutes genuine change?  
How does one change for the long-term?

### 1. A few warnings about change:

- A. Don't settle for Pseudo-change.
- B. Don't do it all by yourself.
- C. Don't "let go and let God."

2. Formal definition: *Repentance is a person's process of change by turning from sinful thoughts and actions and turning to God.*

## II. 5 Stops on the Path of Repentance

sorrow            change of mind            confession            forgiveness            forsaking

### 1. Stop #1—Feeling sorry for my sin (2 Cor 7:8)

A. Sorrow is bad sometimes—a worldly sorrow.

1} Biblical descriptions of worldly sorrow:

Worldly sorrow is temporary – “for a little while” (v8)

Worldly sorrow produces death (10).

2) Personal manifestations of worldly sorrow:

Worldly sorrow is concerned with the consequences of being found out.

Worldly sorrow is concerned with the punishment for discovery.

Worldly sorrow is concerned with the loss of image or with embarrassment.

Worldly sorrow does not produce repentance—It never changes a life.

Worldly sorrow attempts to make a bargain with God. Worldly sorrow says, "I'll never cheat again. I'll never touch another drop."

Worldly sorrow causes an individual to make a promise to God, to mean the promise, but not to fulfill the promise.

Worldly sorrow brings about penance



Worldly sorrow brings about hopelessness, depression, and other spiritual problems.

B. Sorrow is good when it's Godly.

1) Descriptions of Godly sorrow:

Godly sorrow leads to a change of mind (10).

Godly sorrow leads to visible change that takes place over time, builds trust, and becomes permanent (11).

2) Personal manifestations of Godly sorrow:

Godly sorrow is concerned with God's thoughts.

Godly sorrow is concerned with God's desires.

Godly sorrow brings about biblical investigation into sin.

Godly sorrow causes you to put aside the embarrassment, the humiliation, and the consequences.

Godly sorrow causes you to be concerned with the sin you have committed and the God you have offended.

Godly sorrow means that even if you could go back to your old life you would not.

Godly sorrow brings about the repentance process.

**2. Stop #2—Having a change of mind (2 Cor 7:8-10).**

A. Change of mind unto salvation (Acts 3:19; 2 Cor 7:10).

First, the biblical data teaches of repentance necessary to become *positionally* right with God through conversion.

B. Change of mind unto sanctification (2 Cor 7:8–12).

Bible also speaks of a *practical* repentance in the daily life of the saved person that yields sanctification.

C. Both aspects of repentance are based on the merit of God's grace (Ps 80:3; Rom 2:4; Acts 5:31; 2 Tim 2:25).

In defining true repentance, Lewis and Demarest offer this caveat; "Neither is repentance a matter of doing penance to purchase or obtain forgiveness."<sup>1</sup>

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<sup>1</sup> Lewis and Demarest, *Integrative Theology*, Vol. III, 100.



### 3. Stop #3—practicing confession.

- A. The Old Testament uses confession to describe verbal praise, exclusively to God (Lev 5:5; Neh 9:2; Dan 9:4; Josh 7:19; Ezra 10:11).
- B. The New Testament provides a two-part understanding of confession.
- 1) To agree or concede that something is true (Matt 10:32; Acts 23:8; 1 John 1:9).
    - a) Can mean to agree about something (Acts 23:8).
    - b) To concede that something is true (Matt 10:32; 1 John 1:9).
  - 2) To publicly acknowledge the change to God and others (Matt 3:6; Rom 14:11, 15:9; Phil 4:2; James 5:16).
- C. Definition of confession based on Biblical Data:  
*To agree with what God says about sin and then make a verbal admission based on that conviction.*

Confession in the lives of real people:

1. Aaron (Nu 12:11).
2. Israelites (Nu 21:6,7; 1Sa 7:6, 12:19).
3. Saul (1Sa 15:24).
4. David (2Sa 24:10).
5. Ezra (9:6).
6. Nehemiah (Neh 1:6-7).
7. Job (7:20).
8. Daniel (9:4).
9. Peter (Luke 5:8).
10. The Thief on the Cross (Luke 23:41).

### 4. Stop #4—forging through with forgiveness (2 Sam 24:10-11).

Forgiveness follows confession.

confession is followed by pardon (Ps 32:5; 1Jo 1:9).

#### A. Old Testament terminology

- 1) *nasa'* –
  - a) “Lift up” in any general sense



- as in the flood waters lifting the Ark (Gen 7:17).

-prayers to God (2 Kings 19:5).

b) “Carry, bear” in any general sense:

- weapons (1 Chr 5:18)

- cares or responsibilities (Deut 1:9, 12).

c) “Take away” in any general sense.

-stones (2 Chron 16:6).

-the Holy Spirit’s leading.(1 Kings 18:12).

-guilt of sin, forgive (Gen 50:17; Job 7:21).

2) *calach* – “To pardon” (Exod 34:9; Num 14:20; Jer 31:34).

B. New Testament Terminology.

1) *aphiemi* –

To release from moral or legal obligation—pardon (Matt 18:27; Mk 3:28)

2) *charizomai* –

To give freely as a favor (Rom 8:32)

To cancel a debt that is owed (Luke 7:42)

To forgive a wrongdoing (Eph 4:32)

3) *aphesis* –

To release or liberate for something (Luke 4:18)

To free from obligation—pardon (Matt 26:28)

C. Definition of biblical forgiveness: *To release yourself or another party from sin upon confession.*

D. Practice of forgiveness:

1) Sorrow for sin.

2) Change of mind about your sin.

3) Agree with God about your sin.



4) Ask Him to release you of that sin (1 John 1:9)—Will you forgive me?

*Forgiveness is not a feeling but a verbal statement.  
the path of repentance*

**5. Stop #5—basking in forsaking.**

*forsake = to abandon the sin that led you down the path of repentance*

A. Forsaking in the Old Testament

1) Proverbs (Prov 28:13) “He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.”

2) In the life of David (51:10).

B. Jesus teaching on forsaking.

1) Jesus’ Teaching on Forsaking (John 5:14, 8:2-11).

*11 She said, “No one, Lord.” And Jesus said to her, “Neither do I condemn you; go and sin no more.”*

C. Epistolary Teaching on forsaking

1) Not forsaking is logically foolish (2 Pet 2:20-22)

2) Forsaking sin is freeing (Heb 12:1).

D. Forsaking is the mark that genuine has and will continue to happen.

III. Summary of the 5 Stops on the Path of Repentance

- Sorrow
- Change of mind
- Confession
- Forgiveness
- Forsaking



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