

Handout January 23, 2026

## Repentance

Welcome back and here we go!

Praise God for the community we have grown here, for our fellowship, for new opportunities to grow. Every time we hear the Word our Spirit is fed and we grow. Tonight, as we talk about repentance, I want to begin with the “root” word and the definitions.

*Repent:*      1) to turn from sin and dedicate oneself to the amendment of one’s life.  
                    2) a. to feel regret or contrition  
                            b. to change one’s mind.

### **Matthew 3:1-12**

1) Now is the \_\_\_\_\_ to \_\_\_\_\_.

What was John really saying?

The Greek word for repentance is *metanoia* and simply means the changing of one’s mind.

2) To \_\_\_\_\_ differently about \_\_\_\_\_!

So what was John really saying to the Sadducees and Pharisees?

..... Change your mind about your religion and customs and laws.

..... Hence, the turning away from....

**Mark 1:14-15** *'Now after John was put in prison, Jesus came to Galilee, preaching the gospel of the kingdom of God, and saying, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel."*

Jesus came preaching the gospel, saying *repent*, change your mind, and believe in the gospel!

That is what upset the Pharisees. People were *changing their minds*.

In the old testament Hebrew, the word *repent* meant turn around ---- the complete reversal in one’s actions and thoughts.

When Jesus was talking about “*repent*”, He was talking about a change of heart towards sin, the world and God.

3) \_\_\_\_\_ does not always bring great \_\_\_\_\_!

There are several times a day I repent. We are taught to repent daily --- as sin arises.

John and Jesus began their ministries preaching *repentance*!

**Luke 24:44-48** 'Then He said to them, "These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me." And He opened their understanding, that they might comprehend the Scriptures. Then He said to them, "Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem. And you are witnesses of these things. '

4) Jesus \_\_\_\_\_ His ministry \_\_\_\_\_ *repentance*.

So, let's talk *repentance*.

How sorry do you have to be to have officially *repented*?

What do you need to do to show true *repentance*?

How long do you need to be sad and contrite?

How do you demonstrate your sorrow to God?

5) *Repentance* is a \_\_\_\_\_ and \_\_\_\_\_ matter.

Today I preach *repentance* to the saved and the unsaved.

When we change our minds, especially for major wrongs, we will feel sad. We will have *remorse* because we do not want to hurt God's heart.

Sin is not okay. It is a poison. It kills our minds, bodies, spiritual awareness, our relationship with God.

I would challenge you today to invite the Holy Spirit to show you where your thinking is wrong. Or maybe you already know.

Sometimes it is little permissions we give ourselves. Change your mind. *Repent*.

For salvation, *repentance* is changing how you view the world and the bible.

.....To say I can't do it alone, my way is wrong, I need Jesus. Do you feel the Holy Spirit now, tugging at your heart? The Holy Spirit will initiate that. You just have to accept.

So tonight I ask you ---- what do you need to *repent* from?

What is keeping you from growing in Christ?

Sin keeps us from growing.

What are you trusting in more than in God?

Let's pray.