WEEK 1: True Repentance.

**Repentance (Biblical):** This is a complete change of mind, heart and direction. It involves:

**Intellectual understanding:** Acknowledging the sin as an offense against God and others.

**Emotional sorrow:** Feeling "godly sorrow" over the sin itself, because it grieves God and harms relationships.

**Volitional change:** A deliberate turning away from sin and a turning towards God and His ways. It involves a commitment to amend one's life.

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

**Owning your actions without shifting blame**

True repentance requires taking full responsibility for our choices and actions, rather than making excuses, blaming others, or minimizing the offense. This is a hallmark of maturity and humility.

Proverbs 28:13 - He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy.

**Understanding the impact of sin on others, leadership and testimony**

Sin is rarely a private matter. It has ripple effects, impacting those around us, especially in positions of leadership and can significantly damage our testimony for Christ.

Psalm 51 - This Psalm, written by King David after his sin with Bathsheba and Uriah, is a powerful example of true repentance. Notice how David acknowledges his sin against God primarily, but also the impact on others. He doesn't make excuses.

**God's Pathway to Restoration: Confession → Brokenness → Renewal**

God is always ready to forgive and restore when we come to Him with a truly repentant heart. His pathway is clear:

* Confession: Openly admitting our sins to God and to those we've wronged. 1 John 1:9 - If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
* Brokenness: A state of humility and contriteness, recognizing our utter dependence on God's grace and mercy, and being willing to surrender our will to His. It's the opposite of pride. Psalm 51:17 - The sacrifices of God are a broken spirit, a broken and a contrite heart— these, O God, You will not despise.
* Renewal: God's work of restoring us, cleansing us and empowering us to live a new life in Him. This includes renewed joy, purpose and a desire to serve Him. Luke 15:11–24 (The Prodigal Son)

This parable beautifully illustrates God's eagerness to forgive and restore. The son's journey from rebellion to repentance, and the father's unconditional welcome, perfectly depict God's heart for us.

**Discussion Point:** What aspects of the Prodigal Son's journey illustrate confession, brokenness and renewal? How does the father's response reflect God's character?

**Assignment:**   
Make a commitment between you and God that you will never indulge in sex until marriage.

**Prayer & Declaration**

Father, You are the Restorer of broken men. I confess my sins and I lay down my pride. Create in me a clean heart. Restore the joy I have lost. Strengthen me to walk uprightly. I receive Your mercy — not because I deserve it, but because You are good. In Jesus name, Amen.