

COUPLES FOR CHRIST CHRISTIAN LIFE PROGRAM

Participant's Handout

SESSION No. 4 : REPENTANCE AND FAITH

Brief Outline

Our proper response to God's love for us is repentance and faith. Repentance and faith go together. It is a double-action response. We cannot just have one without the other.

A. What is Repentance?

1. What repentance is not:
 - Not dependent on feelings; not being sorry for sin because of fear of the adverse consequences of sin
2. What then is true Christian repentance?
 - a change in direction and not just a simple confession of wrongdoing;
 - turning away from sin, evil, and wrongdoing. It means asking God for forgiveness and availing of the Sacrament of Reconciliation
 - breaking away from running our own lives
3. Two essential characteristics of authentic repentance: honesty and humility.

B. What is Faith?

1. What faith is not:
 - Faith is not just a feeling; not wishful thinking; not a blind leap.
2. What then is faith?
 - Faith is man's response to God.
 - Faith is a grace from God.
 - Faith is belief in the gospel.
 - Faith is a personal act and decision.

C. Consequences of Repentance and Faith

- The consequence of repentance and faith is a promise of salvation from sin, Satan, and death.
- At a personal level, one consequence of true repentance and profound faith is freedom from fear of death

Discussion starter

1. Share with one another areas where you need to turn more fully to God.
2. Share areas where you need to grow in faith.

Scripture for daily prayer

Day		Day	
1	Mark 1:14-15	4	1 John 1:5-10
2	Galatians 5:29-21 and 1 Corinthians 6:9-11	5	Luke 15:11-24
3	Ephesians 5:1-10	6	Luke 11:9-13
		7	Hebrews 11:1-40

The Challenge

Jesus sounded the call to repentance and faith 2,000 years ago. This is the same call to us today. Turn away from sin and all obstacles to God, and accept Jesus as Lord and Savior. Then take God up on all His promises.