



REPENTANCE AND RENEWAL

An Invitation to Repent & Be Renewed

Often, when someone hears about repentance, it can evoke the intense image of a preacher fervently, sometimes even angrily, calling us to turn from our sins or face the consequences. Alternatively, it might bring to mind the image of a child quickly saying sorry to dodge punishment for a naughty act. This perception isn't entirely incorrect, but it only scratches the surface of the deep and transformative trek that repentance truly entails. Repentance is far more than a hasty, fear-driven choice; it's an earnest regret for veering off the path God has lovingly set for us, paired with a decision to walk anew in His ways and with His power.

This process involves acknowledging our faults, confessing them with true reflection, and, in turn, welcoming and accepting God's forgiveness. It's not simply about dodging repercussions but about a change of heart and restoration of our soul. In repenting, we turn around to start walking towards a life aligned with God's good and beautiful purpose. It's not only characterised by altered deeds but by this holistic transformation of our hearts and minds. As a response, attempting to make amends where possible, we bring this way of Jesus (Repentance & Renewal) to our everyday lives.

Realigning our lives with God's will and Purpose

A few key verses

Luke 15:7

Mark 1:15

Romans 12:2

2 Chronicles 7:14

Romans 3

Acts 2:38

Psalm 51:10

Revelation 2:5

A key passage for on-going reflection

17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: 19 that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation. 20 We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God. 21 God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Corinthians 5:17-21

We encourage reading all of 2 Corinthians 5. This passage can be found online here:



bible.com/bible/111/ACT.2.NIV

Online Resources & Community

Practice guides and more info found at:
<https://transformationtrek.online>



Scan the QR code for Some
Trek Discussion Videos

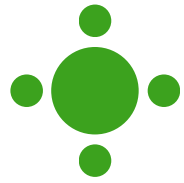


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info@transformationtrek.online

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Discussion Questions for Small Tables.



These questions are in a 4 week structure, but use them however fits with your Small Table rhythm.

Week 1 - Admitting the Problem

Key Verses to Read & Explore Together
Romans 3, Luke 15:7

Questions & Challenges:

1. What do you think sin is?
2. Do you think you have sinned?
3. How does everyday culture in our world process or deal with the problem of sin?
4. How do Jesus' truth and ways differ in terms of dealing with sin?

Personal challenge: Ask God to help reveal some brokenness in your life.

Week 2 - Turn Around

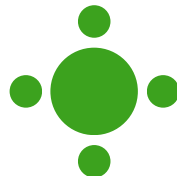
Key Verses to Read & Explore Together
Mark 1:15, Acts 2:38

Questions & Challenges:

1. How did you go with last weeks challenge?
2. What stands out in the passages given this week?
3. Does the way you think of Repentance conflict or agree with how Jesus and the early church saw it?
4. What do you think this means for you in regard to the practice of repentance in your life?

Personal challenge: Spend some time repenting and asking God to help turn some areas of your life around.

Week 3 - Walking a New Path



Key Verses to Read & Explore Together -
Psalm 51:10, Romans 12:2

Questions & Challenges:

1. How did you go with last week's challenge?
2. What stands out in the passages given this week?
3. Why do you think it's important not just to repent but to see renewal?
4. What do you think it looks like to live in this renewed way?

Personal Challenge: Ask God to help you find a renewed path in your life, replacing the ways that require repentance.

Week 4 - Creating a Culture of Renewal

Key Verses to Read & Explore Together -
2 Chronicles 7:14, Revelation 2:5, 2 Corinthians 5:17-21

Questions & Challenges:

1. How did you go with last week's challenge?
2. What stands out in the passages given this week?
3. What do you think it looks like for our world to see or experience regular and true repentance and renewal?
4. What do you think it looks like to talk to people in your wider networks and neighbourhood's about repentance and renewal?

Personal Challenge: Find a way to speak about Repentance & Renewal outside of your church community.

Practicing Repentance.

Taking your time/doing the deep work

Often, saying sorry or repenting in our modern, busy era can be reduced or treated lightly because of the free gift of grace that we have received. In a way, this can cheapen the grace we have received. But true repentance requires proper reflection and consideration. Here are a few things to consider when doing the deep work of repentance:

- **Spot Your Misstep:** Identify how you've strayed—via direct defiance, distortion, or oversight. (Romans 3:23)
- **Seek Divine Mercy:** Embrace God's vast mercy and Jesus' promise. (Hebrews 4:16)
- **Acknowledge the Impact:** Realise your actions first offend God and then others. (Psalm 51:4)
- **Look to Jesus:** Jesus' sacrifice is our sole source of cleansing. (1 John 1:7)
- **Accept God's Restoration:** Endure and trust God's refining process. (Joel 2:25)
- **Embrace Spiritual Comfort:** Allow the Holy Spirit to guide your heart towards love and away from disdain. (John 14:26)
- **Celebrate Forgiveness:** Share the liberating truth of forgiveness. (2 Corinthians 5:17)
- **Commit to Faithfulness:** Promise to stay true to God's path, avoiding future missteps. (1 Peter 1:14-15)

Practicing Repentance.

Rediscovering the Sacred:

In the context of Christian tradition and ritual, it's quite common for the profound essence of the cross and Christ's sacrifice to sometimes lose its deep meaning and become routine. The profound impact can become lost, essentially desensitising us to the incredible sacrifice made for us. It's crucial, then, to actively seek reconnection with the depth and beauty of God's grace. Here are some suggestions on how to do so:

- **Reflect Daily:** Commit to reflecting on Jesus' sacrifice and love, engaging deeply with Scripture to let these truths resonate.
- **Grateful Prayers:** Thank God daily for His grace and Jesus' gift, reflecting on how this has transformed your life.
- **Communion & Worship:** Regularly participate in communion and worship to draw closer to God and renew your reverence.
- **Fasting for Insight:** Use fasting to deepen your appreciation for God's grace and Jesus' sacrifice.
- **Acts of Service:** Responding to received grace by serving and giving can remind us of His sacrifice and generosity.
- **Journaling:** Keep a journal to capture your reflections on grace and its impact, keeping the sacrifice of Jesus alive in your heart.
- **Spiritual Retreats:** Attend retreats or conferences to grow spiritually and deepen your appreciation of Jesus' love and grace.
- **Easter:** Make a big deal of the Easter weekend for you and your community. Find a church, celebrate with family and friends and make the weekend sacred for reflection and celebration around what Jesus has done.

Practicing Repentance.

Accountability isn't always the most welcomed practice within our faith journey—often, it's sidestepped. Yet, the path to repentance and renewal that God designed hinges significantly on community involvement.

While it's not necessary to confess to every person every day in every moment, having a circle/table of trusted people, who you can share, confess or ask for accountability and do the same for them is literally life changing.

Some examples:

Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ." This verse highlights the importance of supporting one another in our walk with Christ, including holding each other accountable.

James 5:16 - "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." James emphasises the healing and restorative power found in confessing to and praying for one another; a foundational aspect of accountability within the Christian community.

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another." This proverb vividly illustrates the mutual benefit of accountability within the Christian community, emphasising how we can help each other grow stronger and more faithful in our walk with God.

A Prayer for Repentance and Renewal

Lord,

Here I am, stepping into Your light with a heart that has stumbled. I've taken wrong turns, following my desires and ways over Yours. Like... (feel free to name examples). For this, I am truly sorry. Admitting where I've messed up is not easy, but in Your presence, I find the courage to face my missteps.

Thank You for Your patience, God. Your mercy feels like a fresh start, a gentle nudge back to the right path. It's not just about wanting to do better; in Your power and by Your Spirit, I know I can be transformed. I know You can do something new in me.

Guide me into a space of renewal, Lord. Plant my feet firmly in Your grace, surround me with folks who remind me of Your love and keep me accountable. Let this journey of coming back to You be one of genuine transformation.

In Your grace, I find the strength to start anew. With a heart hopeful for what's ahead, I thank You for the gift of forgiveness and the chance to begin again.

In Jesus' name

Amen

Family Practice

As we explore repentance and renewal, we invite your family to embark on a journey of openness and transformation. Within the everyday moments of family life, especially during shared meals and quiet reflections before bedtime, there often lies a missed opportunity for spiritual growth and connection.

We encourage a practice where family members, led by parents, acknowledge their own missteps. This could be a quick comment made out of frustration, an incorrect blame, or a conversation overheard by children.

To engage your little ones in this practice, consider asking questions like:

"Can you think of a time when you made a mistake? How did it make you feel?" or "How do you feel when someone says sorry to you?"

These questions can help them reflect on their actions and the importance of forgiveness.

While not every conversation should revolve around mistakes, incorporating this practice alongside other family practices and conversations around gratitude, prayer, and stories allows for holistic processing and ultimately, formation.

This rhythm sets a powerful precedent for an environment where mistakes are seen as opportunities for learning and growth.

Incorporate this practice into your weekly routine by engaging in conversations rich in explanation and grace, but also exploring the reasons behind actions and how our actions can hurt and damage relationships, showing that they do have consequences.

To enhance this practice, consider incorporating prayers or heartfelt repentance, reminding everyone of God's grace and forgiveness for all of us, reinforcing the good news of Jesus (the Gospel) at the center of your family and life.