



Soul Care: Repentance

Where are you experiencing the tension between the pain of change & remaining the same?

- could be a destructive habit.
- could be a compulsion or addiction.

Are there any areas in your life where you have confessed your sin but don't feel the release of forgiveness?

- Have you tried confessing these sins to others?

Consequences are the result of our actions (you reap what you sow - Galatians 6:7-8). What consequences might you be experiencing right now?

Where do you see worldly sorrow in your life instead of Godly sorrow?

But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 1 John 1:7

In a moment of quiet reflection with the Holy Spirit ask:

Is my soul at rest?

If conviction is an internal disequilibrium, or uneasiness, could a restless soul be an indication that you may need to repent?

Where do you feel 'out of alignment'?

Is there a particular area in your life that you frequently feel you are working on? Ask the Holy Spirit what is blocking you from freedom in this area.

Is there any pride in my life?

Pride is the enemy of true confession and ultimate freedom.

When I kept silent, my bones wasted away through my groaning all day long...Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin. (Psalm 32:3,5)

What is the condition of your heart? Would you say it is soft, receptive, contrite, open and accessible? Not sure? Ask the Holy Spirit.

If conviction and consequence don't bring repentance the Lord will use discipline. The discipline of the Lord is restorative not punitive. Could there be an area in your life in which you feel the Lord is disciplining you?

Repentance is a powerful catalyst for change in God's economy. In fact, it is the first step to change.

Again this week shame rears its ugly head to keep us from experiencing God's forgiveness. **The Blockage of Shame** is NOT overcome by more scriptural appropriation, more confession, more....doing. It is a work of the Holy Spirit to reveal our position in Christ as forgiven. Ask the Holy Spirit to show you that you are forgiven, and for you to experience freedom from shame. Write out what He shows you here or in your prayer journal:

The enemy of our souls makes honesty terrifying and secrets appealing. What secrets might you be keeping that are damaging your soul right now? Ask the Holy Spirit to reveal them, then confess, repent and allow God to minister His forgiveness.

Are you willing to do a total life confession with another? Will you bring all of your secrets into the light so you can get free? If so, make a resolve to do so, and set a time to get together with another willing fellow sojourner.

Who might you meet with: _____

When will you meet: _____

Share these discoveries in a safe group you meet with to journey through this series.

“The beautiful message of the gospel is that though you are deeply flawed, you were even more deeply loved...”