Dr. Nicolas Ellen
Expository Counseling Center
www.mycounselingcorner.com

Living a Life Style of Genuine Repentance

I. The *Process* of Genuine Repentance (Luke 15:11-21, Luke 19:1-10, Luke 22: 60-62, Psalm 73, 2 Corinthians 7: 7-11) From these passages we can glean a pattern that unfolds a process of genuine repentance:

A. ***Realization*** of truth and the nature of your sin - One comes to see truth and understand how it applies to their life (Luke 15:11-19)

B. ***Remorse*** over sin in relation to God and others - One comes to feel godly sorrow in relation to their sin and desire to make things right with God and others accordingly. (2 Corinthians 7:7-11).

C. ***Renouncing*** of the sin to God and others - One comes to confess their sin to God and to others when appropriate (Luke 15:20-21).

D. ***Repenting*** of the sin towards God and towards others - One comes to turn away from their sin towards God and towards others accordingly (2Corinthians 7:10-11).

E. ***Renewing*** the mind in the truth - One comes to meditate on the truth so that he/she may learn the new direction by which he/she is to obey God and love others accordingly (Psalm 73).

F. ***Replacing*** the sin with right living accordingly- One comes to obey God and love others in the area where he/she has disobeyed God and been unloving towards others (Luke 19:1-10).

II. The *Practice* of Genuine Repentance (Psalm 139:23-24, Philippians 3:14-15, 2Corinthians 7:10, Proverbs 28:13-14, Romans 12:2, Colossians 3:1-17, 1John 3:1-3) From these passages we can glean some principles on how to walk in genuine repentance as God empowers us to do so.

A. ***Ask*** God to help you identify where you have been thinking, speaking, or acting in sin towards God in particular situations.

B. ***Ask*** God to help you identify where you have been thinking, speaking, or acting in sin towards others in particular situations.

C. ***Ask*** God to help you identify where you have been thinking, speaking, or acting in sin in response to unfavorable or difficult circumstances.

D. ***Ask*** God to help you identify what you want or desire that you cannot control getting from God, others, or circumstances that have become the selfish ambitions of your life leading to complications in your life.

E. As these things are revealed, ***allow*** yourself time to grieve over the distance and damage your sin has caused between you, God and others.

F. ***Confess*** and ***repent*** of lusting after those wants or desires you cannot control getting from God, others, or circumstances.

G. ***Confess*** and ***repent*** of ungodly thoughts, words, or actions towards God, others, and circumstances.

H. ***Identify*** the godly thoughts, words, actions, or desires that God is seeking to lead you to develop in replacement of the ungodly ones.

I. Lay out a daily or weekly ***schedule*** of specific things you are to think, desire, communicate, behave, relate, and serve and discipline yourself to practice each task faithfully and consistently apart from your feelings.

J. ***Identify*** various ways you can show thanks to God for what He is allowing in your life.

K. Learn to ***receive*** and cultivate hope that comes from trusting God.