



SEPTEMBER 24 & 25  
**MY HEART**  
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## INTRODUCTION

We are at the midpoint of a three-part sermon series entitled *From Me to Free*. Last week, Pastor Chip pointed out the truth that confession of our sin brings freedom; next week this sermon series will focus on a walk in new obedience. This week, Pastor Erik's sermon focused on the spiritual link that ties confession and obedience together - repentance. The question we need to focus on is "What does real repentance look like?"

## DISCUSSION

1. How did Pastor Erik define repentance, which is derived from the Hebrew word "shiv"? What is the difference between confessing and repenting of sin? Share a time when you confessed a sin but did not repent (maybe a childhood memory).
2. Read **Matthew 21:28-32**. What truth is Jesus trying to convey about repentance in this parable?
3. Read **Acts 3:11-16**, and discuss the ugliness of sin from the perspective of Pastor Erik's sermon and Peter's words to the crowd. Spend a few minutes in silence reflecting on your lives and how you might be rebelling against God at this time. Then allow time to confess and repent of the sin in silence.
4. Read **Acts 3:17-19**, and consider some of the ways God will refresh those who repent of their sin. Allow group members time to share how God has refreshed them when they have repented of a sin. Now read James 5:16 and offer a group prayer for anyone who might want prayer support for a problem area in their life. **Make sure it is understood what is said in the group, stays in the group.**

## THINK ABOUT IT

Confession and repentance are two difficult subjects most of us don't like to deal with. It's like going to a doctor when we aren't feeling well. We aren't fond of the doctor's advice or the medication or therapy we may have to endure, but we want to feel better. In confession and repentance, feeling better means drawing closer to God and, in many instances, feeling His closeness again. The embarrassment of confessing a sin or the sacrifice of repenting from a sinful behavior may be a great spiritual investment when we realize God's promise of renewal and refreshment.

## DO SOMETHING

1. Spend some personal quiet time this week praying David's prayer found in Psalm 139:23-24; then listen to what God may have to say to you.
2. Read **1 John 1:5-10** and realize each of us have issues with sin that God wants to forgive and purify us from.
3. Read **2 Corinthians 7:8-11** several times and reflect on what godly repentance is and what it is not. Note: it's more than just feeling sorry for our failures. Rather, it's a determination through the Holy Spirit's help to change our attitudes and actions.