S340

Six Steps to Spiritual Freedom – 6 Part Series

Repentance

Repentance means *turning away* from the wrong path, or the wrong thing we are doing. People don't repent because they are ordered to, or because they are made to feel bad about themselves. Simply feeling loved and accepted by God can make us feel OK about how we are - but grace alone won't bring needed change either. The Bible tells us that God's kindness leads us to repentance; true repentance is fueled by relationship. Being loved as you are a good place to start - as grace is the foundation of all healing – but it's not the whole picture. It is also not enough to know the rules, or to be sorry. Dr. Cloud instructs us on what does - and what doesn't - work in the process of real repentance.

Small group discussion questions:

1) What does repentance mean to you? How have you experienced this "change of mind"?

2) Can you identify some area of your life where you know you ought to change? How long have you known this – and what have you done to make changes?

3) How has connecting with the pain you cause others, or with reality, helped you make changes?