

WEEK 2: REPENTANCE

KEY TEXT

Matthew 6:11–12

SET-UP

We all have an internal life characterized by thoughts and desires that would be shameful and embarrassing if they were ever made public. Occasionally, that internal life also makes it into our external behaviors. The easiest way to combat that internal self from ruling our life is through repentance and confession of sin. Confession of sin produces the following outcomes in our life:

1. It allows Jesus to heal the parts of our mind, soul, and body stained by sin's effects (see James 5:16).
2. It enables the Holy Spirit to search our inmost being and reveal sin we may not even be aware is hiding deep in our hearts (see Psalm 139:23–24).
3. It produces within us a sense of gratitude as we experience forgiveness (see 1 John 1:19).

VIDEO

Repentance

PRAYER PROMPTS

James 5:16a says, “Therefore confess your sins to each other and pray for each other so that you may be healed.” Take five minutes and break off into pairs. Use the following format to practice confession and repentance:

1 minute—Invite the Holy Spirit to search your heart and bring conviction of known or unknown sin in your life.

Pray privately, asking the Holy Spirit to reveal to you what you need to confess.

1 minute—Confess to your friend.

Confession doesn't require a story; it requires your ability to name the sin that the Holy Spirit has revealed. You can add as much context as you think is helpful. Then share why you believe the Lord is asking you to confess this sin.

1 minute—Have your friend pray over you.

James 5:16b says, “The prayer of a righteous man is powerful and effective.” A righteous person is anyone who has a relationship with Jesus as their Savior and Lord. If your friend professes faith in Christ, then their prayers over you will break down spiritual strongholds and bring about not only forgiveness but also spiritual restoration.

Repeat the process regularly.