

ROOTED – Lesson 3 Student Handout

The New Birth: Repentance

Key Text

Acts 2:38

“Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.”

Luke 13:3

“Except ye repent, ye shall all likewise perish.”

Lesson Big Idea

Repentance is the first step of salvation.

Before there can be a new birth, there must first be a death of the old life. Repentance is dying to sin, self-will, and the old way of living so that we can begin a true relationship with God.

What Is Repentance?

Repentance is more than saying, “I’m sorry.”

It is:

- A change of heart
- A change of mind
- A change of direction
- A change of motive

Repentance means turning away from sin and turning toward God.

Simple Definition

Repentance is a change in the motive of the heart.

God changes what drives us so our life can produce different fruit.

In your own words, what does repentance mean?

Why Is Repentance Necessary?

Sin separates us from God.

Isaiah 59:2

“Your iniquities have separated between you and your God...”

Without repentance:

- there is no fellowship with God
- there is no forgiveness
- there is no true salvation

Important Truth

Baptism without repentance is only getting wet.

Repentance must come first.

Why do you think repentance must happen before baptism?

Repentance Is a Command

Repentance is not optional.

Everyone Must Repent

Acts 17:30

“God... commandeth all men every where to repent”

Romans 3:23

“For all have sinned...”

Luke 13:3

“Except ye repent...”

Everyone comes to God the same way: as a sinner in need of grace.

Reflection

Do you believe repentance is a one-time event or a lifestyle? Why?

What Does True Repentance Require?

1. Intellectual Change (Mind)

You must change the way you think.

Before repentance: worldly thinking

After repentance: godly thinking

Philippians 4:8

“Think on these things...”

What thoughts need to change in your life?

2. Emotional Change (Heart)

Your affections must turn toward God.

You respond to conviction and the work of the Holy Ghost.

This is where godly sorrow happens.

Have you ever felt conviction from God? Explain.

3. Volitional Change (Will)

Your will must submit to God's will.

“Not my will, but Thy will be done.”

Repentance is a decision.

You choose to turn from sin and live for God.

What does surrendering your will to God look like?

How Do I Repent?

Step 1: Recognize You Are a Sinner

Mark 2:17

“I came... to call sinners to repentance.”

Romans 3:23

“All have sinned...”

You must admit your need for God.

Step 2: Confess Your Sins to God

1 John 1:9

“If we confess our sins...”

Confession means honesty before God.

No excuses.

No hiding.

Why is honesty before God important?

Step 3: Be Truly Sorry for Sin

Not sorry you got caught.

Not sorry for consequences.

But truly sorry for living apart from God.

Psalm 51:17

“A broken and a contrite heart...”

True repentance comes from sincerity.

What is the difference between regret and repentance?

Step 4: Turn Away from Sin

Repentance means forsaking sin.

Matthew 3:8

“Bring forth... fruits meet for repentance”

There should be evidence that change has happened.

What fruit should repentance produce?

Step 5: Make Restitution When Possible

Make things right where you can.

Restore what was wrong.

Luke 19:8

Zacchaeus restored what he had taken.

Repentance includes honesty and responsibility.

Is there anything in life that may need restoration?

What Happens When I Repent?

1. God Can Work in My Life

James 4:8

“Draw nigh to God...”

Repentance opens your heart to God.

2. I Break Away from My Sinful Past

With God’s help, sin loses its control.

The old life begins to die.

3. I Begin a Real Relationship with God

Repentance removes the barrier of sin.

You can finally draw near to God.

4. I Receive Forgiveness

Acts 3:19

“Repent... that your sins may be blotted out”

God forgives your sins and your past lifestyle.

5. Repentance Begins Salvation

It is the doorway to the New Birth.

You cannot be saved without repentance.

6. Repentance Becomes a Lifestyle

Repentance is not just a one-time event.

It remains part of living for God.

A healthy Christian life includes continual repentance.

Discussion Questions

1. Why must repentance come before baptism?
 2. What is the difference between regret and true repentance?
 3. Why is repentance more than just saying “I’m sorry”?
 4. What areas of your life do you need to surrender to God?
 5. What fruit should be visible after genuine repentance?
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Personal Reflection

This week, I want God to help me repent of:

Final Thought

A true relationship with God is built on the foundation of repentance.

Repentance is not the end—

it is the beginning.