

How to Practice Real Repentance

October 9th, 2022

Scripture: Ephesians 4:7-16

“True Christian repentance involves a heartfelt conviction of sin, a contrition over the offense to God, a turning away from the sinful way of life, and a turning towards a God-honoring way of life.”

-Sam Storms

Ephesians 4:17-24

Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. ¹⁸ They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. ¹⁹ They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. ²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires,²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.

Outline

- A. Repentance is putting off your old self
- B. Repentance is being renewed in the spirit of your mind
- C. Repentance is putting on the new self

Repentance is putting off your old self

John 8:32

And you will know the truth and the truth will set you free.

1 John 5:20

And we know that the Son of God has come and has given us understanding, so that we may know him who is true; and we are in him who is true, in his Son Jesus Christ. He is the true God and eternal life.

Galatians 2:20

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.



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Hebrews 3:12-13

Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. ¹³ But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.

Repentance is being renewed in the spirit of your mind

“[Repentance] begins with an unequivocal, heart-rending recognition of having defied God...[it] involves knowing in one’s heart: “This is wrong. I have sinned. God is grieved.”
-Sam Storms

Psalm 51:3-4

For I know my transgressions,
and my sin is ever before me.
⁴ Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.

“face to face with God, he sees nothing else, no one else, can think of nothing else, but His presence forgotten, His holiness outraged, His love scorned”

Repentance is putting on the new self

Psalm 51:1-2

Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
² Wash me thoroughly from my iniquity,
and cleanse me from my sin!

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

