

#### The dynamics of repentance

#1 Identifying the Problem#2 Following the Pain

# **#3 Seeing the Light**

### Luke 15:17

"But when he came to **his senses**, he said, 'How many of my father's hired men have more than enough bread, but I am dying here with hunger!"

# Repentance

# μετανοέω metanoeo

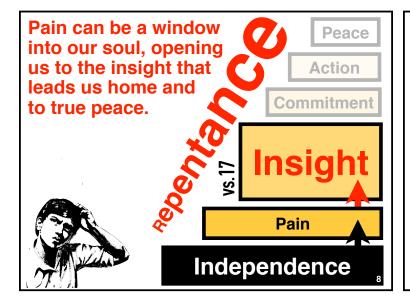
meta - "after" noeo - "to perceive"



#### "to renew the mind

so as to change the heart and affect the behavior."

7



#### Keys to spiritual insight:

**#1** Our perception of "the root problem" is vital to repentance and change.

Luke 15:17

"came to his senses"

Literally -

"coming to himself"
Modern English equivalent "getting it together"

Romans 12:2 (Ephesians 4:23) "renewing of your mind"

#### Keys to spiritual insight:

**#1** Our perception of "the root problem" is vital to repentance and change.

#### Matthew 6

"22 The lamp of the body is the eye; **if therefore your eye is clear, your whole body will be full of light**. 23 But if your eye is bad, your whole body will be full of darkness."

# "coming to our senses"

- √ As humans we are made in God's image and are "true to ourselves" to the extent that we bear that image "come to our senses".
- √ The actual image we cling to and defend is also shaped by alien impulses (fallen sin nature, cultural nurture, etc.).
- √ Repentance requires that we "come to our senses" get in touch with our true self.
- √ Trauma (life experiences pain) can pressure us to seek wisdom through soul searching, "mind renewing", and "eye opening".

1

#### Jeremiah 2:13

"For My people have committed two evils: They have forsaken Me, the fountain of living waters, to hew for themselves cisterns, broken cisterns, that can hold no water." Keys to spiritual insight:

#1 Our Perception of the real problem
#2 Constructive Introspection
is necessary for spiritual health.

#### 1 Corinthians 11

"28 But **let a man examine himself**, and so let him eat of the bread and drink of the cup. 29 For he who eats and drinks, eats and drinks judgment to himself, if he does not judge the body rightly."



13

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Holy communion is a call to recalibrate our perceptions and priorities

(to see ourselves and God in the context of the Word of the Cross)



Significance Security Profess Hot spots
Security Profess Hot spots
Relationships
Responses
Money

So where does the examination start?

### Keys to spiritual insight:

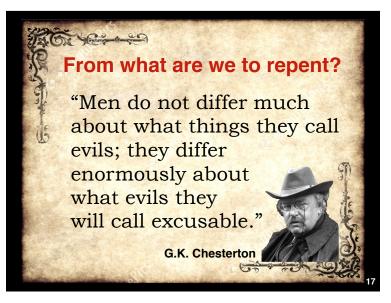
#1 Our Perception of the real problem
#2 Constructive Introspection
is necessary for spiritual health.

We often critique our "ideal" image of ourself but not our true self.

The greatest lies may be those we tell to ourselves and about ourselves.







#### Others are: I am: inflexible principled intense angry fearful cautious courageous careless responsible selfish generous wasteful tasteful materialistic

#### Keys to spiritual insight:

#1 Our Perception of the real problem
#2 Constructive Introspection
is necessary for spiritual health.

#### James 4

"1 What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? 2 You lust and do not have; so you commit murder. You are envious and cannot obtain; so you fight and quarrel. You do not have because you do not ask. 3 You ask and do not receive, because you ask with wrong motives, so that you may spend it on your pleasures. 4 You adulteresses, do you not know that friendship with the world is hostility toward God?"

40

# Self Discovery Questions

- √ What do we petition God for?
- √ For what do we make the greatest sacrifices and life decisions?
- √ How do we respond when we unexpectedly make or lose money?
- √ Who do we admire, despise, welcome, and avoid?
- √ How do we respond to criticism?

It is much easier to hear God's voice when we take our baptism seriously -

#### Romans 6

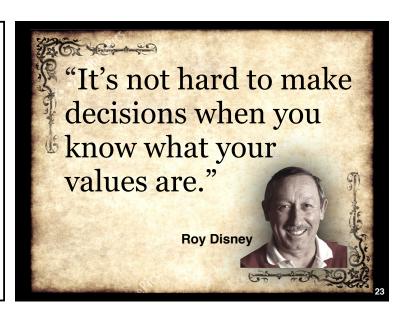
"3 Or do you not know that all of us who have been baptized into Christ Jesus have been baptized into His death? 4 Therefore we have been buried with Him through baptism into death, in order that as Christ was raised from the dead through the glory of the Father, so we too might walk in newness of life."

- and start walking IN but not OF the world.

21

A supportive community of faith sharing the same values and goals fosters insight.





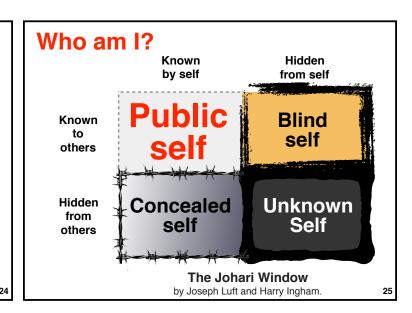
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# The Word of God can expose both God's Son and our soul.

Hebrews 4:12

"For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart."





#### Who am I? Hidden Known from by self others The penitent way 1 Corinthians 13:12 Known "For now we see in a mirror to dimly, but then face to face; others now I know in part, but then I shall know fully just as I also have been fully known." Hidden from self

# Others can see parts of us in ways we may not.

1 Corinthians 12:21

"And the eye **cannot say** to the hand, "**I have no need of you**"; or again the head to the feet, "I have no need of you.""





# How our friends can help us see our "blind spots"

- Cultivate close relationships.
- Ask for feedback and make it safe for honest responses.
- Show others that you are listening.
  - Assume feedback is true and give it time to simmer before you respond to it.
    - Take advantage of tools to break into your inner life (MBTI, prayer for wisdom).

#### Keys to spiritual insight:

#1 Our Perception of the real problem is key #2 Constructive Introspection is necessary

#3 A renewed Vision of home is important.

#### Ephesians 1:18

"I pray that the eyes of your heart may be enlightened, so that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints."



29

### Steps to repentance

## **#1 Identifying the Problem**

I must address the root problem, not just the symptoms.

### #2 Following the Pain

I must let my responses to life expose the spiritual condition and address of my soul.

# #3 Seeing the Light

I must "get it together".

Repentance

Sees the glory and beauty of our true home.

Feels the isolation and

30

shame of rebellion.

31

After carefully listening to ourself, we must talk to ourself.

