Repentance

A change of mind that leads to a change of direction.

SUMMARY

Repentance is a change of mind that leads to a change of direction. It is not self-condemnation, self-improvement, or explanation. Repentance is honest ownership that turns the heart from self-rule back to God's authority.

> *"Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting."*
> Psalm 139:23–24

What repentance is not

Repentance is not feeling bad, self-condemnation, justification, blame-shifting, or promising to do better next time. It does not focus on others' failures or on defending one's intent.

Why repentance matters

Unrepented sin hardens the heart, distorts perception, and damages relationships. Repentance restores clarity, softens posture, rebuilds trust, and renews intimacy with God and others. It protects truth from pride and love from becoming transactional.

The core posture

Repentance always begins vertically before it moves horizontally. Before asking whether we were right, the repentant heart asks where it was misaligned with God's heart. True repentance places the soul under God's authority rather than over others.

Questions to ask before God

- What is God revealing to me right now that is mine to own?
- What am I defending instead of confessing?
- Where did my posture drift, even if my words were true?
- What fruit did my words, tone, or actions produce?

- Am I willing to name my sin plainly without explanation or justification?
- What does turning look like right now — internally, relationally, or practically?

Repentance leads to life, not shame

> *"Godly sorrow produces repentance leading to salvation, not to be regretted."*
> 2 Corinthians 7:10

Repentance frees the soul from hiddenness and defensiveness. It restores spiritual authority, strengthens relationships, and makes space for grace. We do not repent to earn forgiveness; we repent because forgiveness has already been given.

CLOSING PRAYER

Lord, show me what is mine to own. I lay down defense, image, and control. Align my heart with Yours, and lead me in truth, humility, and love. Amen.

READ MORE

- Soul Care – Principle #2
- Repentance: Returning to God's Embrace