

'eagerness to clear yourselves', you feel 'indignation', 'zeal', 'longing' just to be forgiven and cleansed. But worldly grief is pragmatic and simply fears deserved consequences. For example, if you borrow your friend's car and get in an accident, do you say you are sorry simply to avoid any further consequences or are you filled with longing to make it right with him/her? In the same way you belong to the Lord, your life is not your own. What have you done with it? Jesus Christ's arm open right in front of you, go to Him.

Discussion Questions

- What are some more of the differences between the two griefs described?
- If you don't feel like you have a genuine sorrow for sin, what can you do to be saved? Is genuine sorrow truly necessary to be saved?

Day 5 – Review Q&A and recite memory verse

Repentance is a beautiful, precious word in which contains the difference between eternal joy and sorry. However, the world would beg to differ, as this statement more than most others produces serious rebellion in the hearts of the sons of men. This is because repentance is a call to deny yourself your sinful desires and to submit to God's will for your life. Our deceitful hearts lie to us and say that God is not giving us that which is best for us. Nothing could be further than the truth. God is love, and you are God's creature an original thought of the one true God. He loves you, and He loves you so much He gave His Son to die for you. As Paul says in Romans 8, "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?". Through Jesus, you too can have all things given to you by God. Remember Jesus is the treasure worth selling all your possessions for, but when you gain Him, you gain everything else. The Lord Jesus himself said that if you 'seek first the Kingdom of Heaven and all these things will be added unto you'. God is the one who controls all money, pleasure, joy, and value in the cosmos – how much of this and more will He give to those who trust Him. If you hear this, don't hesitate to run to Jesus, he is ever ready to save you!

Discussion Questions

- Why is repentance beautiful?
- Why do some people not want to repent?
- If you haven't repented and trusted in Jesus, will you today?

Baptist Catechism

Family Worship Guide



West Oaks Baptist Church

(in preparation for Sunday, July 20th, 2025)

Baptist Catechism Question #92

Q: What is repentance unto life?

A: *Repentance unto life is a saving grace, whereby a sinner, out of a true sense of his sin, and apprehension of the mercy of God in Christ, doth, with grief and hatred of his sin, turn from it unto God, with full purpose of and endeavor after new obedience.*

Suggested Memory Verse

Acts 2:37–38 Now when they heard this they were cut to the heart, and said to Peter and the rest of the apostles, "Brothers, what shall we do?"³⁸ And Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.

Day 1 – Review Q&A and recite memory verse

Have you ever hurt somebody’s feelings and needed to apologize? The answer is obvious, we all have! Now, I don’t begin with this question to discuss apologizing but by pointing to the most important aspect of an apology, repentance from the heart. In the Gospel of Mark Chapter 1, the Lord Jesus Christ begins His ministry with the proclamation that *“The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”* The Lord’s proclamation was that His coming brought the Kingdom of God, and that therefore we are to repent of our sins unto life and believe in Him for salvation. But what is *repentance*? The Greek word (the New Testament is originally written in Greek) for repentance is *‘metánoia’* which literally means to *‘change your mind’* or to *‘turn around’*. Now this translation is not about simply changing a decision you have made in your mind. For example, this is not the same as deciding not to eat another scoop of ice cream even when you really want one. The meaning of the word points to a much deeper understanding of the inner being. Biblical repentance points to the realization that you have sinned against your Creator who is infinitely holy and beautiful. The One who has given you every good thing in this world and whom you are due to give everything in your being back to. When by God’s grace you understand this truth it drives you to faith in Jesus and thus to life.

Discussion Questions

- What makes an apology a good apology?
- Why do think it is so important to our God that we repent?
- Is repentance a one-and-done action? If not, what is it?

Day 2 – Review Q&A and recite memory verse

One of the most powerful depictions in the Bible of repentance is not one you may have thought of. In fact, this depiction is something you do every day! In Ephesians Chapter 5 Paul is talking about walking in the *‘new self’* which he describes in the previous chapter. He tells the Church in Ephesus to not be deceived by *‘empty words’* which say that we can *‘become partners’* or participants in the deeds of darkness but rather we are to walk as *‘children of the light’*. What is light and what does light reveal? It reveals the truth. Even the Lord Jesus Himself in the Gospel of John proclaims how He is *‘the Light of the world’* and that *‘whoever believes in Him will not walk in darkness but have the light of life’*. What I mean by all this is that the call of repentance is a call to wake up, a call to let the light shine on you. When it is the morning and the light from the window shines on you, you wake up to the *realization* that it is the day and you have things to do. This picture is summed up in one of the earliest hymns of the Church ever written, quoted by Paul in the same chapter of Ephesians. *“Awake, O sleeper, and arise from the dead, and Christ will shine on you.”* Repentance is not a work, but the act of living in consistency with the reality of the truth of Gospel. If you who are listening to this do not know Jesus, the call from the Lord is to wake up, the light of Jesus Christ is shining and you can walk in it!

Discussion Questions

- How is waking up in the morning a picture God has given us of repentance?
- What is the relationship of repentance and salvation?
- How does Lamentations 3:22-23 connect with what you have heard about repentance?

Day 3 – Review Q&A and recite memory verse

Maybe you know the children’s song that goes *“Zacchaeus was a wee little man and a…”*. This song refers (obviously) to the story in the Gospel of Luke in Chapter 19 concerning the Lord and a man named Zacchaeus, who was himself a tax-collector. Tax collectors in Jesus’ day were considered criminals or traitors to their people. And they usually were! They would steal from and defraud people by taking more than they were due. But in this story, Zacchaeus shows us what repentance looks like. Zacchaeus, a short man, knew Jesus was coming and climbed into a tall tree to see him. Jesus, knowing his heart, was obviously moved to eat with him at his home. There at the meal Zacchaeus stood in the presence of Jesus and declared *“Behold, Lord, the half of my goods I give to the poor. And if I have defrauded anyone of anything, I restore it fourfold”*. Jesus then declared *“Today salvation has come to this house”*. Notice Zacchaeus’ zeal to clear himself of his wrongs, and this desire is rooted in the grace and love that Jesus had shown him. There is a saying that holds true: *one’s repentance should be more notorious than their sin*. A key aspect to note of this story is the joy that Zacchaeus has in his repentance. It is a real-world example of the picture that Jesus gives us of repentance in Matthew 13:44 of when a man discovers a treasure in a field and he joyfully sells all he must to buy the field and possess the treasure. Jesus is the treasure worth giving everything else for. Have you possessed the treasure?

Discussion Questions

- Is repentance sorrowful or joyful (or both)?
- What is the core motivation of repentance?
- Have you repented? How can you repent right now?

Day 4 – Review Q&A and recite memory verse

Think back to the question I asked on Day 1 about how we have all had to apologize before. What makes a good apology? Sincerity. An apology that is insincere is more akin to manipulation than an attempt to reconcile and confess your wrongs to another person. This dichotomy applies as well to repentance. In 2 Corinthians 7, the Apostle Paul describes two types of repentance, godly grief and worldly grief. Paul is rejoicing at the report that the Corinthians were earnest in their repentance after they received his previous letter, which let’s just say had some *strong words* concerning some sin in their church. Paul states that he rejoiced at the news that they were *‘grieved into repenting. For you felt a godly grief’*. Paul then describes that there are two different griefs, a *‘godly grief’* which *‘produces a repentance that leads to salvation without regret’* and a *‘worldly grief’* which *‘produces death’*. What are the distinctives between them? Godly grief, as Paul says, is earnest and carries with it an