Why this topic

1. How does the issue of repentance and confession present itself as such a big problem in today's culture? (Isa. 26:9-10, 30:15-17; Hos. 4:1-10)

2. Why is our theology important in how we address this topic? (Rom. 1:18-32, 2:4, 12:2-3; Luke 5:32; Prov. 4:23, 23:7)
What Biblical Guilt is NOT

1. Why is guilt not merely an emotion? (Gen. 3:8-11, 6:5)

2. Should we ignore our emotions in repentance? (Ezra 9:6-7, Psalm 32, 51)


4. Who is guilty and before whom? (Rom. 3:10-18, 6:23; John 15:22, Rom. 1:20)

5. What is false guilt and why do people often sense this?
   a. Source: the devil (Rev. 12:10)
   b. Source: a weak conscience (1 Cor. 8:7-13)
   c. Source: other people (Rom. 14:1-3, 1 Cor. 4:3-5)

What Biblical Guilt Is

1. In what sense is guilt a legal ruling? By whom?
   a. The heavenly courtroom (Rom. 3:19-20)
   b. The heavenly Lawgiver and Judge (James 4:12; Gen. 3:5)
2. Are there degrees of guilt?
   
a. Why or why not?
   
b. Are there “shades of white”? (Rev. 7:13-14)

3. What brings guilt?
   
a. The Sin: “Unbelief” (John 3:18-21, 36, 8:21-24; Rom. 1:18, 14:23)
   

4. What about the conscience?
   
a. What role does it play in “natural revelation”? (Romans 2:14-15)
   
b. Is it trustworthy? Why or why not? (1 Cor. 8:4-7)
   
c. How does Scripture describe the types of conscience?
      
      I. Cleansed – Heb. 9:14, 1 Pet. 3:21
      
      II. Good – 1 Tim. 1:5, 19
      
      III. Weak – 1 Cor. 8:7-12
      
      IV. Defiled – Titus 1:15
      
      V. Seared – 1 Tim. 4:2
What we must do with our guilt

1. What do unbelievers do with it?

2. What are believers called to do with it?
   a. Acts 3:19 – repent and return
   b. 1 John 1:9 - confess and be cleansed

3. What happens if people do not deal with it?
   a. Prov. 28:9, 13, James 5:16-17 – hindered prayers
   b. Matt. 6:9-15 – broken fellowship
   c. Eph. 4:26-32; James 4:6-10, Matt. 6:13 – temptations will come (God resists the proud; withholds His grace; Satan gains a foothold)

4. Examples (what not to do)
   a. Pharaoh – he hardened his heart, God hardened his heart
   b. Ananias and Sapphira - lying to God
What repentance is not

1. What are some wrong reasons people try to repent?
   a. Caught in the act (Achan)
   b. Attempt to manipulate (Pharaoh)
   c. Other?

2. What are some wrong ways people try to repent?
   a. Worldly sorrow (2 Cor. 7:8-11)
   b. Holding tight to one’s sin (Esau, Heb. 12:15-17)
   c. Self-focus and self-pity (Judah hung himself)

What Biblical Repentance is

1. What happened in the Fall in the Garden? (Gen. 3:8-10)
   a. The Three D’s: “Dislocation, Distancing, Denial”
   b. Adam attempts to cover his sin; Adam hides himself from God; Adam blames his wife (and God)
2. Where does repentance begin within the person?

   a. Inward: the anguish of a broken heart (David - Psalm 51)
   b. Outward: the grief over a broken relationship (Matt. 6:12-15, Eph. 4:32)

3. What does repentance seek?

   a. Inward: a clean heart (David - Psalm 51)

**Repentance in Interpersonal Relationships**

1. What does repentance pursue?

   a. Its goal is the reconciliation of a broken relationship
   b. God’s two questions to Adam go here (Gen. 3:9, 11)

2. What biblical steps are necessary for reconciliation?

   a. The “Four-G’s of Reconciliation”
      1. “Glorify God” (1 Cor. 10:31) – always start with love for God
      2. “Get the Log Out” (Matt. 7:1-5) – confront your own sin
      3. “Go and be Reconciled” (Matt. 5:21-26) – pursue reconciliation
      4. “Gently Restore” (Gal. 6:1-2; Lev. 19:17-18) – love your neighbor
3. What boundaries guide repentance and reconciliation?

   a. God’s standard never... allows sinful conflict to continue (Matt. 5:21-26; Rom. 13:8-10; James 3:13-4:12; Lev. 19:17-18) (Caution: Rom. 12:18)

   b. God’s standard always... honors God and follows the “Golden Rule” (Matt. 7:12; Gal. 5:6; Phil. 2:3-5)

4. What does biblical repentance look like to those offended?

   The “7-A’s” of Repentance and Confession:
   1. ADDRESS – everyone involved; no one else
   2. AVOID – excuses or blame-shifting
   3. ADMIT – your sin
   4. ACKNOWLEDGE – the hurt you caused to them
   5. ACCEPT – the consequences of your sin
   6. ALTER – your behavior
   7. ASK – for forgiveness
Other Questions About Repentance

1. How can I know if I have truly repented?
2. How can I be sure that God has forgiven me?
3. What is the unforgivable sin, and have I committed it?
4. Do I need to ask God to forgive me more than once?
5. To whom should I confess my sins?
6. What if I sin only in my thoughts?
7. Should adultery always be confessed?
8. What about restitution? When and what kind?
9. What if someone will not forgive me?
10. What if they sinned against me also?