

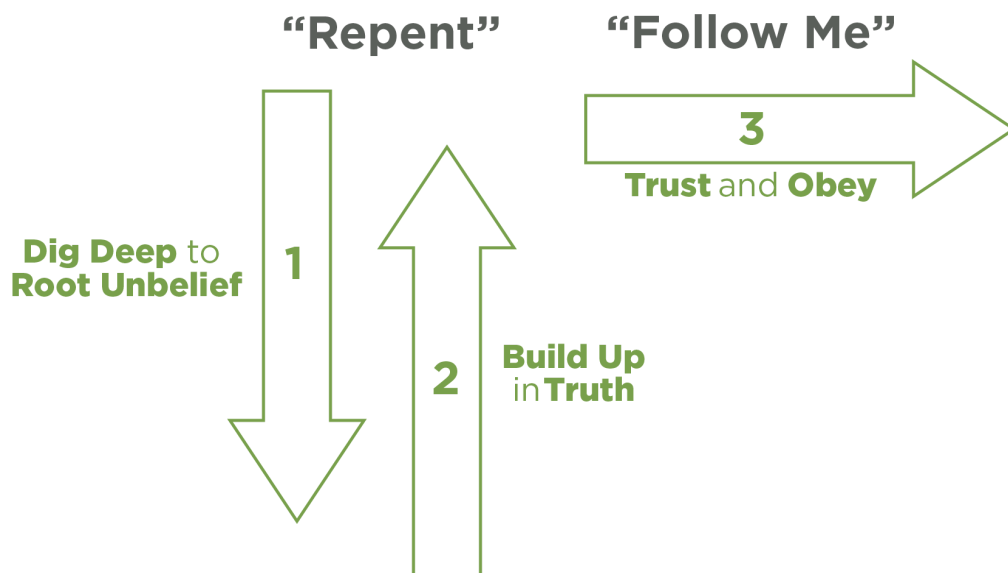
5 - “Repent”

The Abiding Process of Repentance

OPEN IN PRAYER 1-2 min

CHECK-IN 5-10 min

At the end of the last session, you were challenged to think about abiding in Jesus by trying to locate yourself on one or more of the “3 Arrows” below.



Then you were asked to take at least three of the 10 Core Abiding Practices (see list below in the “Consider the Truth” section) and use them to help you either (1) Dig Deep to Root Unbelief, (2) Build Yourself up in Truth, or (3) Trust and Obey Jesus missionally in all of life.

Does anyone feel led to share anything with the group about what you noticed or discovered?

In addition, you were asked to do a life audit that challenged you to “dig deep to root unbeliefs.”

Does anyone want to share anything you noticed from the audit?

READ THE WORD *10min*

In this session, we will begin to focus on the process and practice of repentance as a primary way we are called to abide in Jesus. The first and second arrows in the “3 Arrows” diagram above help us think about what Biblical repentance looks like. Let’s take some time and dive into God’s Word together.

Read the following passages out loud, and then discuss the Apostle Peter's life using the questions below. As you read and discuss, ask yourself these questions:

1. *What words, phrases, or concepts are you “noticing” as this passage is being read or as we discuss?*
2. *What do you sense God is inviting you to do in light of this?*

Luke 3:8a

8a Bear fruits in keeping with repentance.

(Consider Arrow 1: DIG DEEP IN UNBELIEF)

1 John 1:8–10

8 If we say we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say we have not sinned, we make him a liar, and his word is not in us.

(Consider Arrow 2: BUILD UP IN TRUTH)

Jude 20–21 (NIV)

20 But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit, 21 keep yourselves in God’s love as you wait for the mercy of our Lord Jesus Christ to bring you to eternal life.

Peter's Life - An Example of Ongoing Repentance

Think about Peter's life in the Bible, and discuss the following questions:

1. *What was Peter's life like before he met Jesus?*
2. *If Jesus's first messages were "Repent" and "Follow Me", what did that look like for Peter immediately after meeting Jesus?*
3. *Think about Peter's life after he chose to follow Jesus. What did it look like prior to Jesus's death? What about after Jesus rose? What about after the Holy Spirit came in Acts 2? Can you think of any examples of ongoing "repentance" in Peter's life?*

Discussion Questions:

1. *What words or phrases from the passages or insights from the life of Peter did you "notice"?*
2. *What do you sense you're being invited into today?*

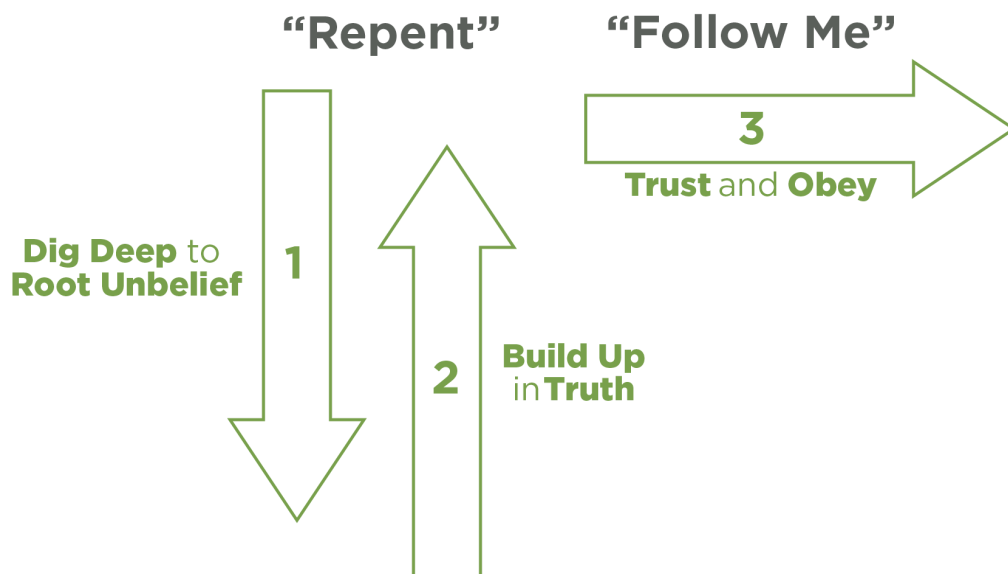
CONSIDER THE TRUTH *20min*

Go to the link below and watch the video together. The “3 Arrows” diagram and “10 Core Abiding Practices” are below for reference. After completing the video, answer the discussion questions that follow.

[LINK to SESSION 5 VIDEO](#)

All the videos can be found on the Summit Crossing Limestone YouTube channel under the “Abide Sessions” playlist.

Diagram: The “3 Arrows” for Locating Yourself



The 10 Core Abiding Practices

We understand that as disciples of Jesus, we participate in these abiding practices first and foremost so that God is glorified as we grow to treasure Him in all of life.

1. Worship

We understand that regularly ascribing to God the glory He is due helps us grow in our desire for Him and our ability to worship Him in all of life.

2. Silence/Solitude

We understand that the Spirit often speaks in a “still, small voice” and therefore, times of silence and solitude help us hear/notice His promptings.

3. Scripture/Study

We understand that the Bible is the authoritative revelation of God, and therefore, we study the Scriptures to learn who He is and who we are in light of the Gospel.

4. Meditation

We understand that meditation helps us take the truths of the Bible and work them down into the root beliefs of our souls so that we can practice our faith in all of life.

5. Prayer

We understand that prayer is the primary (though not exclusive) means by which we “abide” in Christ and therefore, we seek to “pray without ceasing.”

6. Fasting

We understand that abstaining from food, habits, or luxuries to intentionally create space to pray, meditate, and rely on Christ can train us to trust in and hunger for God.

7. Sabbath/Rest

We understand setting aside weekly time to intentionally rest in the grace and benefits of the Gospel helps us enjoy God and prefer His presence.

8. Community

We understand that by participating in the care, comfort, and collective wisdom the Church provides, we help one another grow in love towards God, ourselves, and others.

9. Generosity

We understand that practicing a generous life of service, hospitality, and stewardship towards others helps us learn to daily walk with Jesus in a life of love.

10. Witness/Evangelism

We understand that demonstrating and declaring the Gospel to our neighbors helps us see the missional power of the Gospel and the beauty of the Kingdom of God.

Discussion Questions

1. *What stood out to you as you listened? What sounded true? What sounded less true or confusing?*

2. *What has your experience with “repentance” looked like in the past? Has it ever been a daily practice for you? If so, what has that looked like? If not, why not?*

3. *What could it look like this week to “dig down to root unbelief” (arrow 1) in your heart? What makes this challenging?*

4. *What could it look like this week to “build up in truth” (arrow 2) in your trust and faith in Jesus? What makes this challenging?*

APPLICATION *10min*

Ongoing, deep, heart-level repentance is one of the primary ways the Bible has called us to abide in Jesus daily. Below is a practice to help you go through the process of repentance over the course of the next week. This practice might feel overly wooden or simplistic to some, but it has proven to be a helpful way to start learning to practice repentance more often and at a deeper level. With time, all the principles below can become natural and more subtle or complex as you learn how to think about digging down to root unbeliefs and building yourself up in specific truths.

For the sake of time, we won't read through the "Practice: Practicing the Process of Repentance" section below. Basically, by following the guide below, you'll end up producing both a "Root Unbelief Statement" that you can confess to God, and a "Root Truth Statement" that you can use to start building yourself up in the truth of the Gospel. We'll be using those statements at the end of Session 6 as well. The bottom line is that this week, we're going to be pushed and challenged to practice the process of repentance.

If you have any questions along the way, let's all agree to reach out to one another. You can also contact Chris Brister at chris@summitlimestone.org.

For now, let's skip ahead to the "Final Questions and Prayer" section.

PRACTICE:

Practicing the Process of Repentance

Take 15 minutes each day this week to intentionally practice the process of repentance by doing the following:

DAY 1:

Examine and name the fruit in your life.

Take time in silence and meditation to consider the good and bad fruit in your life. While doing this, consider the “fruit of the Spirit” versus the “works of the flesh” in Galatians 5:19-23.

1. First, write down specific and practical things in your life that are evidence that you are abiding in Jesus (i.e. fruit of the Spirit).

Some examples:

- *Loving service to others I've been committed to at church*
- *Patience towards my kids this week*
- *Peace with my finances despite uncertainty about my job*
- *Kindness I showed to my co-worker the other day*
- *Faithfulness to Jesus in my downtime the other night*

2. Second, write down specific and practical things in your life that are sinful and evidence that you are not abiding in Jesus (i.e. works of the flesh)

Some examples:

- *Anxiety I've been feeling about my kids this year*
- *Depression I'm experiencing each night after work*
- *Inappropriate anger I showed to my neighbor the other day*
- *Sexual immorality I've been caught up in this past month*
- *Hatred I can't help but feel toward my ex*
- *Drinking too much last Friday night*
- *The feeling of dread I can't help but feel whenever I think about my future*

Notice that the goal is to try to be very specific and very honest with yourself. Give yourself a lot of grace, and simply finish this time by praying and thanking God for the grace of the Gospel and the freedom He has given you to be honest with Him without fear of condemnation (Romans 8:1!!).

DAYS 2-3:

Dig deep to root unbelief (Arrow 1).

Over days 2-3, you will practice “Arrow 1” by working to dig down to the root unbelief that is causing the bad fruit in your life. The goal of these two days is to be able to write out a “Root Unbelief Statement” that you can then go to God and confess to Him.

Choose 1 or 2 things off the list you made on Day 1 of things in your life that are sinful and/or evidence that you are not abiding in Jesus (i.e. question #2 from Day 1).

1. In silence and meditation, ask yourself the “Arrow 1” diagnostic questions Chris discussed. Write down the answers that come into your mind. Here are the questions:

1. What is the surface “bad fruit” you are noticing?

(write down the 1 or 2 things from the list you made on Day 1)

2. Who am I?

(I.e. If I’m experiencing these things in my life, what am I believing is true or untrue about me?)

3. What has God done?

(I.e. If I’m this kind of person, then what am I believing God has done or hasn’t done for me?)

4. Who is God?

(I.e. If God has done or hasn’t done these things to me, then what am I believing is true about God (i.e. what is the root unbelief I’m struggling with)?)

- *HINT: Write down answers that most naturally come into mind as you consider these questions. Don’t make any judgments about the validity of them at this point. Just write down your answers.*

2. With the answers you wrote down, try to write out a “Root Unbelief Statement” by filling out the following (see below for examples):

I believe God _____ *[write answer to “Who is God?”].*

Therefore, God _____ *[write answer to “What has He done?”].*

So, I am _____ *[write answer to “Who am I?”].*

Therefore, I _____ *[write answer to “What is the surface ‘bad fruit’ you are noticing?”].*

3. With whatever time you have left, look at your statement and confess it to God in prayer by reading it out loud to Him.

EXAMPLE 1:

Surface Issue ("bad fruit"):

I am experiencing low and depressing self-worth

Root Unbelief Statement:

I believe God is NOT gracious [write answer to "Who is God?"].

Therefore, God is almost always angry with me [write answer to "What has He done?"].

So, I am someone who always disappoints him [write answer to "Who am I?"].

Therefore, I am experiencing a very low and depressing self-worth right now [write answer to "What is the surface 'bad fruit' you are noticing?"].

"I believe God is NOT gracious. Therefore, God is almost always angry with me. So, I am someone who always disappoints him. Therefore, I am experiencing a very low and depressing self-worth right now."

Root Sin to Confess:

I confess that I believe God is NOT gracious.

EXAMPLE 2:

Surface Issue ("bad fruit"):

I am drinking too much whenever I'm overwhelmed by the pressure I feel.

Root Unbelief Statement:

I believe God does NOT care about me [write answer to "Who is God?"].

Therefore, God has turned His back to me and left me alone [write answer to "What has He done?"].

So, I am on my own to deal with all the needs I have in my life [write answer to "Who am I?"].

Therefore, I am drinking too much to escape the pressure I constantly feel [write answer to "What is the surface 'bad fruit' you are noticing?"].

"I believe God does NOT care about me. Therefore, God has turned His back on me and left me alone. So, I am on my own to deal with all the needs I have in my life. Therefore, I am drinking too much to escape the pressure I constantly feel."

Root Sin to Confess:

I confess that I believe God does NOT care about me.

EXAMPLE 3:

Surface Issue ("bad fruit"):

I am avoiding the poor and marginalized in my community.

Root Unbelief Statement:

I believe God is NOT all that powerful [write answer to "Who is God?"].

Therefore, God isn't winning very many victories in this dark world [write answer to "What has He done?"].

So, I am scared to engage too much in the mission of the church [write answer to "Who am I?"].

Therefore, I am avoiding the poor and marginalized in my community [write answer to "What is the surface 'bad fruit' you are noticing?"].

"I believe God isn't all that powerful. Therefore, God isn't winning very many victories in this dark world.. So, I am scared to engage too much in the mission of the church. Therefore, I am avoiding the poor and marginalized in my community."

Root Sin to Confess:

I confess that I believe God is NOT all that powerful.

DAYS 4-5:

Build up in truth (Arrow 2).

Over days 4-5, take the “Root Unbelief Statement” you have surfaced this week, turn from it, and start to build yourself up in the actual truth about God. The goal of this time is to write out a “Root Truth Statement” that you will try to build yourself up on.

1. In silence and meditation, ask yourself the “Arrow 2” diagnostic questions Chris talked about, and write down the answers that come into your mind. Here are the questions:

1. Who is God actually?

(I.e. What does the Bible actually say about God as opposed to my root unbelief about Him?)

2. What has God done in Jesus to show you this?

(I.e. If God is this, how has He proven it through Jesus/the Gospel?)

3. Who am I actually?

(I.e. If God has done this through Jesus, what does that tell me about who I am?)

4. What is fruit in my life that would be or currently is evidence that I'm believing this?

2. With the answers you wrote down, try to write out a “Root Truth Statement” by filling out the following (see below for examples):

I confess that I believe God is _____ *[write the “Root Unbelief” you discovered from Days 2-3]*

But according to God’s Word, He is actually _____ *[write answer to “Who is God actually?”].*

He has proven this because Jesus _____ *[write answer to “What has God in Jesus to show you this?”].*

So, I am actually _____ *[write answer to “Who am I actually?”].*

Therefore, I _____ *[write answer to “What is fruit in my life that would be or currently is evidence that I'm believing this?”].*

3. With whatever time you have left, look at your statement and confess it to God in prayer by reading it out loud to Him. Ask Him to give you faith to believe the truth about Him and about yourself. Thank Him for His grace and His love!

EXAMPLE 1:

Surface Issue (“bad fruit”):

I am experiencing low and depressing self-worth

Root Sin to Confess (from my “Root Unbelief Statement”):

I confess that I believe God is NOT gracious.

Root Truth Statement:

I confess that I believe God is NOT gracious *[write the “Root Unbelief” you discovered from Days 2-3].*

But according to God’s Word, He is actually JOYFULLY gracious and loving towards me *[write answer to “Who is God actually?”].*

He has proven this because Jesus was sent by the Father for me while I was yet a sinner because of His love for me (see Romans 5:8) *[write answer to “What has God in Jesus to show you this?”].*

So, I am actually beloved by the Father right now *[write answer to “Who am I actually?”].*

Therefore, I am experiencing a deeper self-worth and growing desire to be with my Father who loves me *[write answer to “What is fruit in my life that would be or currently is evidence that I’m believing this?”].*

“I confess that I believe God is NOT gracious. But according to God’s Word, He is actually joyfully gracious and loving towards me. He has proven this because Jesus was sent by the Father for me while I was yet a sinner because of His love for me (see Romans 5:8). So, I am actually beloved by the Father right now. Therefore, I am experiencing a deeper self-worth and growing desire to be with my Father who loves me.”

Root Truth to Be Built Up In:

God is JOYFULLY gracious and loving towards me.

New Fruit to Look For:

I am experiencing a deeper self-worth and growing desire to be with my Father.

EXAMPLE 2:

Surface Issue (“bad fruit”):

I am drinking too much whenever I’m overwhelmed by the pressure I feel.

Root Sin to Confess (from my “Root Unbelief Statement”):

I confess that I believe God does NOT care about me.

Root Truth Statement:

I confess that I believe God does NOT care about me [write the “Root Unbelief” you discovered from Days 2-3].

But according to God’s Word, He actually sees me as I really am, turns towards me, and desires to walk with me and care for me through all of life [write answer to “Who is God actually?”].

He has proven this because Jesus died so that I would no longer be an insignificant slave but would be adopted into God’s family as his own beloved son/daughter (see Galatians 4:5-7) [write answer to “What has God in Jesus to show you this?”].

So, I am actually a cherished son/daughter of God who does not have to carry the weight of the world on my shoulders [write answer to “Who am I actually?”].

Therefore, I do not need to turn to alcohol in order to find relief from the pressures of life but instead can find accountability, help, and grace from God and His family (the church) whenever I feel overwhelmed [write answer to “What is fruit in my life that would be or currently is evidence that I’m believing this?”].

“I confess that I believe God does NOT care about me. But according to God’s Word, He actually sees me as I really am, turns towards me, and desires to walk with me and care for me through all of life. He has proven this because Jesus died so that I would no longer be an insignificant slave but would be adopted into God’s family as his own beloved son/daughter (see Galatians 4:5-7). So, I am actually a cherished son/daughter of God who does not have to carry the weight of the world on my shoulders. Therefore, I do not need to turn to alcohol in order to find relief from the pressures of life, but instead I can find accountability, help, and grace from God and His family (the Church) whenever I feel overwhelmed.”

Root Truth to Be Built Up In:

God sees me as I really am, turns towards me, and desires to walk with me and care for me through all of life.

New Fruit to Look For:

I no longer need alcohol to escape from the pressure I feel.



EXAMPLE 3:

Surface Issue (“bad fruit”):

I am avoiding the poor and marginalized in my community.

Root Sin to Confess (from my “Root Unbelief Statement”):

I confess that I believe God is NOT all that powerful.

Root Truth Statement:

I confess that I believe God is NOT all that powerful [write the “Root Unbelief” you discovered from Days 2-3].

But according to God’s Word, He actually is all-powerful over all the darkness (see Psalm 145) [write answer to “Who is God actually?”].

He has proven this because Jesus defeated sin, Satan, and death on the cross so that His children (no matter where they are) could be liberated from their darkness [write answer to “What has God in Jesus to show you this?”].

So, I am actually an agent of His divine power over the darkness anytime I choose to serve [write answer to “Who am I actually?”].

Therefore, I won’t avoid the poor and marginalized out of fear, but instead, I am going to start volunteering at the Women’s Resource Center as a way to serve my community [write answer to “What is fruit in my life that would be or currently is evidence that I’m believing this?”].

“I confess that I believe God is NOT all that powerful. But according to God’s Word, He actually is all-powerful over all the darkness (see Psalm 145). He has proven this because Jesus defeated sin, Satan, and death on the cross so that His children (no matter where they are) could be liberated from their darkness. So, I am actually an agent of His divine power over the darkness anytime I choose to serve. Therefore, I won’t avoid the poor and marginalized out of fear, but instead I am going to start volunteering at the Women’s Resource Center as a way to serve my community.”

Root Truth to Be Built Up In:

God is all-powerful over all the darkness.

New Fruit to Look For:

I am going to start serving at the Women’s Resource Center

Final Audit Questions:

After walking through the process of repentance above, answer the following questions before the next session:

1. What was the most difficult part of this exercise this week? What was the most helpful?
2. What insights or experiences from this exercise stand out most from this week?
3. What is the Holy Spirit inviting you to share with the group in Session 6? Would you be willing to share your “Root Unbelief Statement” or your “Root Truth Statement”?

FINAL QUESTIONS AND PRAYER *10min*

Does anyone have any final questions or anything they feel they would like to share?