

RHYTHM - WEEK 3

Repentance

Icebreaker

What's one harmless habit you've told yourself, "I'm definitely going to stop doing that," only to find yourself doing it again?

Overview

Read **Romans 2:4** and **Luke 15:11-24**. We all know the gap between who we are and who we know we could be. Scripture calls the things that move us away from God's design **sin**. Repentance is not God shaming us for that gap. It is His kindness inviting us into a different direction.

Repentance isn't punishment for sin. Repentance is God's invitation out of it.

1. Face What's True

Read **Luke 15:14-17** and **Psalm 139:23-24**.

The son reaches a moment when he finally sees where his choices have taken him. Nothing has changed yet, but he is willing to tell himself the truth. Repentance often begins with a simple prayer: "**God, show me me.**"

LOOK AT IT

- What changed when the son "came to his senses"?
- What does David ask God to reveal in Psalm 139?

EXPLORE IT

- Why is it so easy to explain away something we know is unhealthy or moving us away from God?
- What makes honest self-examination difficult? What makes it freeing?

GO DO IT

- Where might you need to pray, "**God, show me what I can't see or don't want to see**"?
- Is there an area of your life where you sense, "This isn't working"? What would it look like to face that honestly?

2. Own What's Yours

Read **Luke 15:18-20** and **1 John 1:9**.

The son does not blame the famine, his friends, or his father. He says, “**I have sinned.**” Confession is not giving God new information. It is agreeing with God about what is true.

LOOK AT IT

- What responsibility does the son take for his choices?
- What does 1 John 1:9 say God does when we confess?

EXPLORE IT

- Why are blame, defensiveness, and minimizing such common responses when we are confronted with something wrong?
- How is asking “**What's mine?**” different from asking “**Whose fault is this?**”

GO DO IT

- Is there something you have been explaining or defending that you simply need to own?
- What would honest confession sound like without excuses or self-condemnation?

3. Choose a New Direction

Read Luke 15:20-24.

The son does more than feel bad. **He gets up and goes home.** Regret says, “I hate what happened.” Remorse says, “I feel terrible about what I did.” Repentance says, “**I'm choosing a different direction.**”

LOOK AT IT

- What action shows that the son's repentance became more than an intention?
- How does the father respond when he sees his son returning?

EXPLORE IT

- What's the difference between feeling bad about something and actually changing direction?
- What does the father's response teach us about the God we are turning toward?

GO DO IT

- What is one specific change of direction that repentance could require from you?
- Who could help you follow through with accountability, encouragement, or support?

Now What?

Repentance becomes practical when we move from awareness to action. Take a moment to complete these three statements:

FACE IT: God, what You are helping me see is _____.

OWN IT: The part that is mine to own is _____.

TURN: The new direction I need to choose is _____.

Repentance is not just turning away from sin. It is turning toward God.

Group Prayer

Take a few quiet moments before praying together. Ask God to search your heart, give you courage to own what is yours, and help you trust His kindness as you choose a new direction.

On Your Own

- **Day 1 - Romans 2:1-4:** Reflect on the kindness of God that leads us to repentance.
- **Day 2 - Psalm 139:23-24:** Pray, “God, show me me.”
- **Day 3 - 1 John 1:5-10:** Practice honest confession.
- **Day 4 - Luke 15:11-24:** Notice both the son's turn and the father's response.