

Repentance and Renewal Exercise

1. Reflect on the Gospel. **Romans 3:23-26**

2. Ask God to reveal sin you need to acknowledge. **Psalm 139:23-24**

3. Ask:

- “Am I harboring resentment toward anyone?”

*See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled. **Hebrews 12:15***

- “Am I always craving more materially?”

*Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.” **Hebrews 13:5***

- “Am I determined to get my own way rather than submitting to others?”

*...submitting to one another out of reverence for Christ. **Ephesians 5:21***

- “Am I honoring God with my words?”

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. **Ephesians 4:29***

- “Am I more concerned with my own image or God’s glory?”

*So, whether you eat or drink, or whatever you do, do all to the glory of God. **1 Corinthians 10:31***

- “Am I honoring God with my body?”

*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body. **1 Corinthians 6:19-20***

- “Am I setting my affection (thoughts) on things of this life or things above?”

*If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. **Colossians 3:1-2***

4. Read **1 John 1:9** and **Psalm 32**.