



The 7 Rs of the Repentance Process

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Luke 24:44-47 Then He said to them, "These are the words which I spoke to you while I was still with you, that all things must be fulfilled which were written in the Law of Moses and the Prophets and the Psalms concerning Me." **45** And He opened their understanding, that they might comprehend the Scriptures. **46** Then He said to them, "Thus it is written, and thus it was necessary for the Christ to suffer and to rise from the dead the third day, **47** and that repentance and remission of sins should be preached in His name to all nations, beginning at Jerusalem.

What is repentance?

Repentance is more than just a one-time act; it is a necessary process for God's people to take on the likeness and mind of Christ.

Understanding the Repentance Process

The culture and customs of this world are designed to pull us and keep us from the transformative power of the Word and Spirit of God.

Godly sorrow is a deep remorse for sin that inspires a desire to please God. It recognizes the offense of sin against God and prompts individuals to turn away from those actions. This sorrow often arises from the Holy Spirit's conviction, leading to the request for God's forgiveness.

Asking for forgiveness involves acknowledging wrongdoing and seeking God's pardon. However, pride can obstruct this process, as it fosters self-focus and resistance to correction, preventing the recognition of sin.

Repentance is a genuine turning away from sin and towards God, motivated by sorrow for offending Him and a desire to align with His will. It entails a transformative change of mind, heart, and behavior.

2 Corinthians 7:10, "For godly sorrow produces repentance leading to salvation, not to be regretted..."

Godly sorrow leads to the process of repentance, which is the maturing of the soul.

The phrase "**not to be regretted**" means that once you experience the results of the repentance process, you will be thankful with no regret that you went through it.

The Bible says that we have the responsibility of allowing ourselves to be matured.

Philippians 2:12-13 (NLT) ...Work hard to show the results of your salvation, obeying God with deep reverence and fear. 13 For God is working in you, giving you the desire and the power to do what pleases him.



God will do the work, but we must allow Him to do it.

The Holy Spirit's Role:

The Holy Spirit is the agent of change in the renewal of our minds. He facilitates transformation rather than merely repairing our thoughts. The process of repentance goes beyond simply fixing or improving our existing mindset; it involves a supernatural re-creation of the mind, aligning it with God's truth and perspective.

Romans 12:2 (AMP)...but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude].

The Greek word for "renew" is "anakaínœsis," which means to renew qualitatively, creating a change that makes a person different from who they were in the past.

The Holy Spirit uses the Word of God, which is essential for renewing the mind.

John 14:26-27, "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all things that I said to you."

The Word is the "light of information" that the Holy Spirit uses to create the mindset, attitudes, and behaviors that believers should embody in their daily lives. This wisdom helps us respond appropriately to both challenging and positive situations.

God thinks on another Level.

Isaiah 55:8-9 "For My thoughts are not your thoughts, Nor are your ways My ways," says the Lord. 9 "For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.

The biblical perspective on repentance involves a shift from a worldly way of thinking, which ultimately leads to death, to a godly way of thinking that leads to "zoe" life—the kind of life that is abundant and overflowing, as described in **John 10:10**.

As we engage in the process of repentance, we grow and become overcomers of the world, satan, and our flesh, positioning ourselves to receive the rewards that God has for us.

Revelation 21:8 He who overcomes shall inherit all things, and I will be his God and he shall be My son.

The 7 Rs of the Repentance Process

- 1. Recognition**
- 2. Remorse & Forgiveness**
- 3. Remission of sins**
- 4. Reconciliation**
- 5. Refocusing**
- 6. Realignment and Repositioning**
- 7. Rewards**



Recognition:

Often, Recognition comes from a conviction through the Holy Spirit, where we acknowledge that a specific action or behavior was wrong and harmful. The Holy Spirit uses the Word of God to reveal what is right and wrong in God's eyes.

Romans 7:7, "Well then, am I suggesting that the law of God is sinful? Of course not! In fact, it was the law that showed me my sin. I would never have known that coveting is wrong if the law had not said, 'You must not covet.'"

With recognition often comes conviction. When conviction arises, own it.

Own it with the intention of conversion, not condemnation.

God cannot remove it until we take responsibility for it, so "own it".

Remorse & Forgiveness:

Invite the Holy Spirit to guide you toward a place of healthy sorrow, where we know what we did was wrong, and allow Him to lead you to a place of conversion rather than condemnation.

Forgiveness is the suspension or payment of all penalties and debt associated with the sin or sins. The Greek word for "forgiveness" is *aphesis*. It generally means to release, let go, or remit, often in the context of sins being forgiven or debts being cancelled.

We receive forgiveness through the "finished work of Jesus Christ," which offers forgiveness in two distinct ways.

Positional forgiveness

As believers in Christ, we have received positional forgiveness for all our past, present, and future sins, which gives us right standing with God, or a state of righteousness.

2 Corinthians 5:21 For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.

We see here that we have a state of righteousness that never goes away because we are not just with Christ Jesus, but in Christ Jesus, justified to stand before the Father as incense.

Relational Forgiveness

After we are saved, the finished work of Jesus Christ also enables us to receive continual forgiveness so that we can maintain proper fellowship with God.

1 John 1:8-9 If we claim we have no sin, we are only fooling ourselves and not living in the truth.

This suggests that born-again believers may not meet God's expectations.



1 John 9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Confessing sin can be seen as acknowledging to God that I know I mess up, but am ready for change, I'm ready to have my mind renewed.

Remission of sins

Hebrews 9:22 According to the law, almost all things are purified with blood, and without the shedding of blood there is no remission.

Forgiveness is the suspension or payment of all penalties and debt associated with the sin or sins.

Remission is the exemption from the consequences, results, and penalties that come from committing a sin or offense.

Remission deals with the totality of the offense. Not only paying for the debt owed to someone else, but also taking care of any damages that occurred on behalf of both parties, so all involved are satisfied.

Remission carries a legalistic and definitive connotation, implying a complete cancellation of the consequences of sin, as if the sin never happened. While penalties and debts can be suspended or paid, the lingering effects of sin may still persist unless the believer fully embraces the gift of remission.

When the believer fully embraces the gift of remission, it will positively impact our lives because Jesus shed His blood for us. When you understand that your sins have been remitted, you can plead the blood with confidence, knowing that any penalties, consequences, or effects from those sins have no power to negatively affect your faith and hope.

A deeper understanding of the gifts of remission enhances one's faith, leading to assurance that any damage caused by offenses can be rectified in a manner that aligns with God's will and ultimately benefits the believer.

This assurance empowers the believer's faith, enabling them to come boldly to the throne of God as though they had never sinned or wronged anyone. Then ask of Him whatever they need.