



The 7 Rs of the Repentance Process Pt. 2

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Sunday Sermon – 8/24/2025

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.

The Greek word is *metanoéo* (*literally means, "to think differently afterward"*). So, repentance means to think differently after having an encounter with God.

We encounter God in many different ways. Through prayer, heartfelt praise, reading the word of God, meditating on God's goodness, and fellowship with others—just to name a few. Whenever we intentionally draw near to God, we will encounter Him, and with each encounter, there should be a transformation in how we think and how we behave.

The Role of the Holy Spirit:

The Holy Spirit serves as the agent of transformation in the process of renewal. By utilizing the Word of God, the Holy Spirit actively facilitates the renewal of our minds.

This will lead to genuine transformation rather than mere adjustments in thinking. True repentance encompasses a supernatural re-creation that aligns our mindset with God's truth.

The 7 Rs of the Repentance Process

- 1. Recognition**
- 2. Remorse & Forgiveness**
- 3. Remission of sins**
- 4. Refocusing**
- 5. Realignment and Repositioning**
- 6. Reconciliation: the desire to reconcile with God and humanity**
- 7. Rewards**

1. Recognition:

Recognition often stems from the awareness and conviction brought about by the Holy Spirit. This involves acknowledging specific actions and behaviors in our lives. The Holy Spirit encourages us when our actions and behaviors align with God's will and convicts us when we engage in behaviors that are offensive or harmful.



Through the Word of God, the Holy Spirit reveals the distinctions between right and wrong as defined by God, helping us navigate our moral choices.

The Holy Spirit Convicts.

John 16:8 When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment: *The Holy Spirit is in the earth, and He is convicting both the saint and the Sinner alike.*

Acts 2:37 (NIV) When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?" *Once the Holy Spirit convicts individuals of their wrong behaviors and mindsets, they know they need to change.*

This should be our next response to any conviction: What is my next move?

The Holy Spirit Encourages.

Acts 15:28 For it seemed good to the Holy Spirit, and to us, to lay upon you no greater burden than these necessary things:

Here we see the Apostles getting affirmation from the Holy Spirit that the decision that they had made was the proper one.

Acts 9:31 The church then had peace throughout Judea, Galilee, and Samaria, and it became stronger as the believers lived in the fear of the Lord. And with the encouragement of the Holy Spirit, it also grew in numbers.

The Holy Spirit encourages us when we do God's will, enabling us to have peace and produce more.

When we acknowledge that it is the power of the Holy Spirit that enables us to do the plan and will of God, it will increase our faith for greater results.

Philippians 2:13 (Amplified Bible) [Not in your own strength] for it is God Who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.

2. 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.

When recognition brings on conviction, own it. Own it with the intention of conversion, not condemnation. God cannot properly remove it until we ask for forgiveness and take responsibility for it, so "own it".

Once you own it, don't hold on to it, drop it, and let it go.



3. 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.

Not only were our sins forgiven, but through “His Finished Work,” we have remission of our sins as well.

Forgiveness involves suspending penalties and debts related to sin, while remission exempts one from the consequences of that sin. Remission addresses the entire offense, covering both debts and damages to ensure all parties are satisfied.

Remission carries a legalistic and definitive connotation, implying a complete cancellation of the consequences, penalties, and results of sin, as if the sin never happened.

In the context of spiritual beliefs, if sin is considered to have never occurred, then an individual who accepts the gift of remission of sin is entitled to full restoration for any losses or damage that resulted from those sins. This perspective is based on the idea that, in the eyes of God, those sins are legally erased, granting the individual the right to recover what was lost.

Embracing the concept of remission of sin is essential for addressing the residual effects that may linger even after forgiveness. These residual effects are often linked to what the Bible refers to as the curse of the Law, which is the consequence of sin. Fully accepting this gift of remission can play a crucial role in alleviating these lasting impacts of the curse.

Galatians 3:13-14 (Amplified Version) 13 Christ purchased our freedom [redeeming us] from the curse (doom) of the Law [and its condemnation] by [Himself] becoming a curse for us, for it is written [in the Scriptures], Cursed is everyone who hangs on a tree (is crucified);

14 To the end that through [their receiving] Christ Jesus, the blessing [promised] to Abraham might come upon the Gentiles, so that we through faith might [all] receive [the realization of] the promise of the [Holy] Spirit.

When the believer fully embraces the gift of remission, it will positively impact our lives because Jesus shed His blood to pay the price for eternal, abundant life.

When you understand that your sins have been remitted, you can plead the blood with confidence. *You know that any penalties, consequences, curses, or any other negative effects from those sins have no power to negatively affect you from receiving God's promises.*

The bible says in Proverbs 26:2 ... so the curse causeless shall not come. So if there is no cause then then any effects sin is trespassing.

A deeper understanding of the gift 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.

Note: You can have forgiveness without remission, but you can't have remission without forgiveness.

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One of the wonderful benefits of accepting the gift of remission is that it paves the way for true repentance and a fresh mindset. This acceptance frees us from negative thoughts that can accumulate, such as shame, condemnation, and other unhelpful beliefs. Embracing remission helps us clear away this mental clutter and encourages us to increasingly develop a mindset aligned with that of Christ.

The remission of our sins allows us to take full advantage of the repentance process.