



The 7 R's of the Repentance Process – Pt. 4 “Re-alignment”

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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 an ongoing process essential for God's people to adopt the mindset of Christ. The Greek term *metanoō* means "to think differently afterward," indicating that true repentance involves a change in thinking following an encounter with God. Without this renewal of the mind, we risk staying the same and becoming repeat offenders.

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.

2. Remorse & Forgiveness:

Invite the Holy Spirit to guide you to a place of healthy sorrow and conversion instead of condemnation. When you recognize your mistakes, own them with the intention of transformation. God can only help you move forward once you ask for forgiveness and take responsibility.

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. Remission addresses the entire offense, covering both debts and damages to ensure all parties are satisfied.

4. Refocusing

Refocusing on the right things means shifting our attention from what we need to change to the positive changes God has for us. Focusing on the newness of life. After recognizing the necessary changes, we must envision ourselves changed by the renewing of our minds.

Hebrews 12:2 reminds us to “**look to Jesus, the author and finisher of our faith.**” We should not only focus on Him but also confess where our focus lies. Jesus focused on the prize by keeping our eyes on the will of the Father, and the Word of God is essential. By focusing on Jesus, the Word of God, and His finished work, we



will always find the answers. Staying focused on the truth leads to maturity and has a positive influence on our perception.

Once we focus our attention on the life of Jesus, the Word of God, and the reward that Jesus won for us, we're ready for realignment.

5. Realignment and Repositioning

Realigning our thoughts, words, and actions with the truth of God's word.

Once you are focused on the positive change that needs to take place, allow that change to occur. Realign the right path that we need to take to see what we are focused on manifesting.

Also, indirectly, meaning paying attention to others and seeing how they walk in a godly manner.

When we need realignment, the first prompting will often come from the Holy Spirit.

We must humble ourselves to His prompting, which requires that we be remorseful for our wrong decisions and actions, realizing that, above all, our ungodly acts are offensive to God.

John 5:6-9, 14 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?" 7 The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." 8 Jesus said to him, "Rise, take up your bed and walk." 9 And immediately the man was made well, took up his bed, and walked...14 Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."

In other words, Jesus told the man he had healed: "You are now well, so stop sinning, or something worse may happen to you". This implies that the man's long-standing illness may have been a consequence of his past sinful lifestyle, and by healing him, Jesus gave him a second chance at a physically and spiritually healthy life. The warning was against returning to his old ways and facing consequences even more severe than his physical ailment.

Once our minds are renewed by thinking in line with the truth of God's word, we must be careful not to revert to the same old mindset of thinking like a victim, dwelling in fear, pride, doubt, and unbelief.

We must intentionally think in line with the Truth of God's Word. Not thinking religiously but cooperating with the Holy Spirit in developing a Kingdom mindset.

The apostle Paul urged the church at Philippi, after they received Jesus Christ as Lord and Savior, on how to think the Kingdom way. **Philippians 4:8-9** Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.



A good place to start to renew your mind to the Kingdom way is to meditate on **Matthew chapters 5 through 7**. If we renew our minds to what Jesus preached in the Sermon on the Mount, we will be well on our way to developing a Kingdom mindset.

Biblical realignment means that you are open to constructive instruction and criticism.

Not only directly but indirectly. If God has to use someone else to point out every area in your life that needs improvement, then you need to have a closer relationship with the Holy Spirit.

When we fail to follow the promptings of the Holy Spirit, God sometimes has to use other measures to guide us back into His will.

2 Corinthians 7:8-12 (NLT) I am not sorry that I sent that severe letter to you, though I was sorry at first, for I know it was painful to you for a little while. 9 Now I am glad I sent it, not because it hurt you, (Constructive instructions will not always be pleasant or feel good).

Whether constructive instruction for realignment comes from the Holy Spirit or from others, allow the Holy Spirit to be that “agent of change” needed to bring the renewing of your mind, which often requires a level of discomfort.

2 Cor. 7:9...but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way. 10 For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

Worldly sorrow says I'm wrong, but doesn't seek a change of heart and mind, when there is no change. Deterioration that leads to destruction is inevitable because you will probably continue in the same offense or something similar, which all leads to death.

11 Just see what this godly sorrow produced in you! Such earnestness, such concern to clear yourselves, such indignation, such alarm, such longing to see me, such zeal, and such a readiness to punish wrong. You showed that you have DONE everything necessary to make things right.

Too many have allowed their hearts to become callous and hard, with the mindset that some sins are no big deal. After committing a sin, they just carry on as usual.

Take time each day to reflect on how you could have lived the day better. Be honest with yourself, ask God for forgiveness, and ask the Holy Spirit to lead you down the right path of repentance for a change of heart and mind. this is part of humbling yourself before God.

Practical steps you can DO to realign your thoughts, words, and actions with the will of God as our minds are being renewed.

1. Engage with Scripture Regularly

- **Read the Bible daily:** Even a few minutes of reading the Scriptures can serve as a spiritual guide for your daily path.



- **Read out loud:** Reading the Bible audibly can have different benefits than reading silently, helping to engage your mind and heart more deeply. Not only are you hearing your inner voice, but your audible voice as well.

This also helps keep you focused on what the scripture says and helps you resist the temptation to let your mind wander to other things.

- **Read with others:** Participating in regular Bible study with other believers can strengthen your faith and provide mutual encouragement.
- **Keep Scripture visible:** Posting verses or keeping your Bible in a prominent place serves as a constant reminder of God's Word.
- **Confess the change that is needed out loud:** Speak to that area of life that is out of alignment.

2. Cultivate a Spiritual Mindset

- **Pray for guidance:** Ask God to direct your steps before making decisions and to help you speak life and truth.
- **Meditate on God's Word:** Pondering, memorizing, and praying over Scripture helps renew your mind, transforming it to align with Christ's thoughts and keeping you from being conformed to the world.
- **Take every thought captive:** *Don't just let your mind wander on negative and ungodly thing.* Be aware of your thoughts and bring them into obedience to Christ by replacing negative thoughts with God's truth.
- **Focus on heavenly things:** Shift your focus from worldly or fear-based thoughts to what Jesus says about you, leading to love, joy, and peace.

3. Transform Your Words and Actions

- **Speak in faith:** Speak God's promises over your life, health, family, and future, and speak positively, with grace and truth.
- **Confess God's promises:** Aloud confessing God's Word and promises, as in Romans 4:17, can help bring them to pass in your life.
- **Live out the Word:** Make a daily, deliberate decision to deny personal desires and follow Jesus, applying God's teachings to your actions and showing love and patience to others.
- **Examine your motives:** When helping others or acting, ensure your motives are rooted in God's love, not self-interest. Ask yourself Why do I do what I do.

Do all of this with the motive of humility. **Humble yourselves before the Lord, and he will lift you up in honor.** There can be no genuine change without first humbling ourselves before the Lord, so that genuine repentance can take place.

Evidence of Life-Changing Realignment

Proverbs 23:7 For as he thinks in his heart, so is he.



Luke 6:45 For out of the abundance of the heart his mouth speaks.

1. *Different perceptions*
2. *Changes in our conversation*
3. *Changes in actions, initial actions, and responses..*

To align your thoughts, words, and actions with the Word of God, regularly immerse yourself in Scripture, pray for guidance, and actively apply God's teachings in your daily life. By meditating on and memorizing Bible verses, confessing God's promises, and consciously surrendering personal desires to His will, you can transform your mind and live in a way that reflects Christ's teachings.