



The 7 Rs of the Repentance Process – Pt. 3 “Refocusing”

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Sunday Sermon – 9/7/2025

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 *metanoéō* (*literally means, "to think differently afterward"*). So, repentance means to think differently after having an encounter with God

The 7 R's of the Repentance Process

- 1. Recognition**
- 2. Remorse & Forgiveness**
- 3. Remission of sins**
- 4. Refocusing**
- 5. Realignment and Repositioning**
- 6. Reconciliation**
- 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 convicts us when we engage in behaviors that are offensive or harmful.

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

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:

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?"



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 they had made was the proper one.

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.

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.

Because our sins have been remitted, we have a legal right not to carry around any shame, condemnation, or expect the manifestation of the penalties that come from them to hinder us.

4. Refocusing on the right things.

Acts 3:1-10 Now Peter and John went up together to the temple at the hour of prayer, the ninth hour. 2 And a certain man lame from his mother's womb was carried, whom they laid daily at the gate of the temple which is called Beautiful, to ask alms from those who entered the temple; 3 who, seeing Peter and John about to go into the temple, asked for alms. 4 And fixing his eyes on him, with John, Peter said, "Look at us." 5 So he gave them his attention, expecting to receive something from them. 6 Then Peter said, "Silver and gold I do not have, but what I do have I give you: In the name of Jesus Christ of Nazareth, rise up and walk."

7 And he took him by the right hand and lifted him up, and immediately his feet and ankle bones received strength. 8 So he, leaping up, stood and walked and entered the temple with them — walking, leaping, and praising God. 9 And all the people saw him walking and praising God.

We must not stay focused on what we need to change or give up, but refocus our attention on the positive change God has in store for us, replacing our focus from what is wrong to what God has promised.



Proverbs 4:25-27 Let your eyes look right on [with fixed purpose], and let your gaze be straight before you. 26 Consider well the path of your feet, and let all your ways be established and ordered aright. 27 Turn not aside to the right hand or to the left; remove your foot from evil.

Proverbs 4:25-27 (Message Bible) Keep your eyes straight ahead; ignore all sideshow distractions. 26 Watch your step, and the road will stretch out smooth before you. 27 Look neither right nor left; leave evil in the dust.

Once we recognize what we need to change, then we need to refocus on what that change looks like.

Hebrews 12:2 looking unto Jesus, the author and finisher of our faith... We must see Jesus as the answer and the source of all that we need.

Psalms 16:8 I have set the Lord always before me; Because He is at my right hand I shall not be moved. **2 Corinthians 4:17-18 (NLT)** For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! 18 So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. *(Focus and believe on what God has promised in his word)* For the things we see now will soon be gone, but the things we cannot see will last forever.

Isaiah 40:8 The grass withers, the flower fades, But the word of our God stands forever."

Proverbs 4:20-21 (Amplified Version) My son, attend to my words; consent and submit to my sayings. 21 Let them not depart from your sight; keep them in the center of your heart.

Not only should we keep our eyes focused on them but we should confess what our eyes are focused on.

Jesus kept his eyes focused on the prize.

Hebrews 12:1-4 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. 3 Think of all the hostility he endured from sinful people; then you won't become weary and give up.

Hebrews 10:23 Let us hold fast the confession of our hope (what we are expecting from God) without wavering, for He who promised is faithful.

Keep our eyes on Jesus, who is the living Word of God.

Psalms 119:18-19 (NLT) Open my eyes to see the wonderful truths in your instructions. 19 I am only a foreigner in the land. Don't hide your commands from me!