***Wash, Rinse, Repeat –* lesson 3**

Repentance is: Living in a new obedience

1. **What is repentance unto life?**

Repentance unto life is a saving grace,[[1]](#footnote-1) by which a sinner, being truly aware of his sinfulness, understands the mercy of God in Christ,[[2]](#footnote-2) grieves for and hates his sins, and turns from them to God,[[3]](#footnote-3) fully intending and striving for a new obedience.[[4]](#footnote-4)

 Acts 11:18; 2 Timothy 2:25.

2Psalm 51:1-4; Joel 2:13; Luke 15:7, 10; Acts 2:37.

3Jeremiah 31:18-19; Luke 1:16-17; 1 Thessalonians 1:9.

4 2 Chronicles 7:14; Psalm 119:57-64; Matthew 3:8; 2 Corinthians 7:10.

**2 Timothy 2:1, 19-22**

***1****You then, my child, be strengthened by the grace that is in Christ Jesus, …*

***19****But God’s firm foundation stands, bearing this seal: “The Lord knows those who are his,” and, “Let everyone who names the name of the Lord depart from iniquity.”*

***20****Now in a great house there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable.* ***21****Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.*

***22****So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.*

* “Be strengthened by the grace that is in Christ Jesus”
	+ God’s gift to us, his work in us, his strength
* “The Lord knows those who are his.”
	+ His sheep know his voice,
* “Let everyone who names the name of the Lord depart from iniquity.”
	+ We are called to holy living, righteousness

**Matthew 3:8** “Bear fruit in keeping with repentance”

**Psalm 119:57-64**

57  The Lord is my portion;

I promise to keep your words.

 58  I entreat your favor with all my heart;

be gracious to me according to your promise.

 59  When I think on my ways,

I turn my feet to your testimonies;

 60  I hasten and do not delay

to keep your commandments.

 61  Though the cords of the wicked ensnare me,

I do not forget your law.

 62  At midnight I rise to praise you,

because of your righteous rules.

 63  I am a companion of all who fear you,

of those who keep your precepts.

 64  The earth, O Lord, is full of your steadfast love;

teach me your statutes!

**Questions for discussion:**

1. We are to flee youthful passions and *pursue righteousness, faith, love, and peace.*
	1. What are some things we can do that are righteous?
	2. How is it that we can pursue faith?
	3. How are we to pursue love?
	4. What are ways you can pursue peace?
2. We are also called to pursue those good things *along with those who call on the Lord from a pure heart.*
	1. What do you think it means “to call on the Lord from a pure heart”?
	2. What would it look like to pursue together those things we listed above?
3. Pray for one another – and remember to journal your prayers as you are able!
1. Acts 11:18; 2 Timothy 2:25. [↑](#footnote-ref-1)
2. Psalm 51:1-4; Joel 2:13; Luke 15:7, 10; Acts 2:37. [↑](#footnote-ref-2)
3. Jeremiah 31:18-19; Luke 1:16-17; 1 Thessalonians 1:9. [↑](#footnote-ref-3)
4. 2 Chronicles 7:14; Psalm 119:57-64; Matthew 3:8; 2 Corinthians 7:10. [↑](#footnote-ref-4)