

QUESTIONS TO HELP WITH REPENTENCE

Write your answers down. It may help to process this with someone.

1. What did I choose to do? (This is the behavior and yes, it was a choice. No excuses) Example - I chose to get angry, lie, gossip, steal, procrastinate, etc.
2. What did I want? (This is going deeper than the behavior) Example - maybe what I really wanted was to hurt you with words; revenge; or I was jealous; or I wanted to control the situation so I intimidated and threatened; or I didn't want to be exposed as inadequate; or maybe I wanted all of these things!
3. What was I thinking? (Yes, you were thinking. This gets at the hidden thoughts in the heart. Remember - no excuses) Example - I was thinking that I didn't like what you were doing/saying and I wanted you to stop.
4. What effect did my choice have on the people around me? (Include yourself, and you need to ask others how it affected them - don't assume. You can't be sorry for something if you don't know what the harm was). Example - my choice to get angry and use hurtful words made my family scared; or pushed people away; set a bad example; caused chaos; or humiliated someone.
5. How did my choice draw me closer or further from the standard of Christ's likeness? (How were you acting, thinking and feeling like the standard Christ sets; was I demonstrating being transformed into the likeness of Christ?)

6. What is my plan to change and make amends? (Repentance is change. This is more than praying or studying.) Example - do I need some accountability or help from others; what warning signs can I learn to prevent this from happening again; what situations do I need to avoid; what specific things can I change to help myself?

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