



## Week Two: How to Change Course – Study Guide

By Josh Miller  
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When we think of the word *repent*, we tend to think of street preachers with their bullhorns and signs, out on street corners giving people a doomsday message. That's enough to scare everyone to death. Repentance doesn't have to be a scary word, but a word of hope, forgiveness, and opportunity. It's allowing God's restoration process to change and mold us into who He has called us to be.

### Where Am I Today?

- 1) Let's face it. The word *repent* is commonly used only in church culture and rarely used in everyday language. When you think of that word, what definition comes to mind?

### Into the Bible

- 2) While the word *repent* may not be used very often today, it's used quite frequently in the Bible. Let's jump in to see what we can learn. Read **Luke 3:2-9**. John the Baptist came with a completely new and different message. Think about it for a moment. What do you think your response would have been to hearing about this new way? What might be the significance of John's message being first heard by the religious people?

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- 3) David was one of the great leaders we read about in the Old Testament. Even though God called him a man after His own heart, David still had sin he needed to repent of. Read **Psalms 51:1-13**. Here we see David's sorrow for a sin he had committed. What are some ways we can tell that David had a repentant heart?
  
- 4) Turning from sin is not about having God beat us up, but rather restore us to life. God came to live a life we could never live, and to die a death we could never die. He came so we could be empowered through Him to put sin to death in our life. Read **Colossians 3:8-15**. What kind of life does God give us, and what indication do these verses give that it's a process?

### How Does This Apply?

- 5) Religion can cause us to think we don't need to change because we appear to be doing all the right things. The truth is that being religious has never saved a person; only Jesus saves. In religion, we're more concerned with our reputation than how Christ works through us. How can we avoid getting caught up in this trap?
  
- 6) All of us sin. It's not about *if* we'll sin. How we deal with sin is evidence of who is master of our lives. At times, we can fall into the trap of thinking that we'll never change, so we begin to tolerate or make excuses for our sin. Turning from sin means we run towards Jesus and ask Him for help, instead of continuing to justify it. What might be a sin that's easy for you to minimize or tolerate in your life?

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- 7) David's desire was to have joy returned to him. If you're in Christ, turning from sin isn't about the fear of losing your salvation, but about restoring the joy we have because of our salvation. Jesus' work on the cross was sufficient, and He wants our joy to be in Him. What are some ways sin can rob you of joy? Is there an area of your life you know you need to change that's currently costing you joy?
- 8) One of the greatest gifts that God gives us is community. We need other Jesus followers encouraging us to keep turning from sin and to become more like Jesus by applying God's Word to our lives. How is your Life Group doing when it comes to helping each other grow? What changes have occurred in your own life because of your Life Group?

### Continue Learning on Your Own

- 9) Being a Christian is all about moving forward. You may feel as if you cycle through the same seasons or struggles again and again. Sometimes in order to change the direction that we've fallen back into, we have to reflect on some things we used to do. To gain more insight into this, read **Revelation 2:1-7**. What did Jesus rebuke the Church in Ephesus for doing, and what did He tell them to do?