

Communion Repentance: Breaking the Sorry Cycle

I Corinthians 11:23-30

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, ²⁴and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." ²⁵In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." ²⁶For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. ²⁷Therefore, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord. ²⁸A man ought to examine himself before he eats of the bread and drinks of the cup. ²⁹For anyone who eats and drinks without recognizing the body of the Lord eats and drinks judgment on himself. ³⁰That is why many among you are weak and sick, and a number of you have fallen asleep.

Matthew 3:1-3

In those days John the Baptist came, preaching in the Desert of Judea ²and saying, "Repent, for the kingdom of heaven is near." ³This is he who was spoken of through the prophet Isaiah: "A voice of one calling in the desert, 'Prepare the way for the Lord, make straight paths for him.'"

1. Repentance requires a change in how I view _____.

Romans 2:4

Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God's kindness leads you toward repentance?

- Repentance occurs when I stop viewing God as a cosmic _____ and start seeing him as a _____.
- Godly repentance is turning away from _____ and turning towards _____.

2. Repentance requires a change in how I view _____.

- Repentance occurs when I realize my sin _____ my _____.

II Corinthians 7:10

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Worldly sorrow coddles sin while repentance cuts away from sin.

Repentance: A change in my heart and mind that leads to a change in the direction of my life.

Romans 13:14 (NASB)

But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

Matthew 18:7-9

"Woe to the world because of the things that cause people to sin! Such things must come, but woe to the man through whom they come! ⁸If your hand or your foot causes you to sin, cut it off and throw it away. It is better for you to enter life maimed or crippled than to have two hands or two feet and be thrown into eternal fire. ⁹And if your eye causes you to sin, gouge it out and throw it away. It is better for you to enter life with one eye than to have two eyes and be thrown into the fire of hell.

Romans 2:28-29

A man is not a Jew if he is only one outwardly, nor is circumcision merely outward and physical. ²⁹No, a man is a Jew if he is one inwardly; and circumcision is circumcision of the heart, by the Spirit, not by the written code. Such a man's praise is not from men, but from God.

- Repentance says, "How can I continue to _____ in that which Jesus _____ for?"

3. Repentance requires seeing myself in a new _____.

II Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!

Matthew 7:15-17

"Watch out for false prophets. They come to you in sheep's clothing, but inwardly they are ferocious wolves. ¹⁶By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? ¹⁷Likewise every good tree bears good fruit, but a bad tree bears bad fruit.

4. Repentance requires seeing _____ in a whole new _____.

Psalms 32:1-5

Blessed is he whose transgressions are forgiven, whose sins are covered. ²Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. ³When I kept silent, my bones wasted away through my groaning all day long. ⁴For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah ⁵Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"— and you forgave the guilt of my sin.

- Repentance brings _____.

Freedom Formula:
Acknowledge my sin, confess my sin, 180 degree turn away from my sin = freedom.