



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 11. Embracing SURRENDER and dying to self.

Week 43: Is surrender, “LET GO and let God” and what does that really look like?

Video: A Hidden Life

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Repent

Theme verse: *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.* – Acts 3:19

Theme Quote: “Jesus suffered deeply because He loves us deeply! He wants us to repent and be converted so that He can fully heal us.” – Russell M. Nelson

John Eldredge: “We’ve made elevator music of Jesus Christ. We’ve made Him the most boring, bland, blah person; and He was the most revolutionary man ever.”

Questions: What does repent mean to you and what does it look like in your story? Is repent a choice and can we repent in our own strength? What does the old and new testament teach us about repent?

Highlight Video: Different Video Song, Micah Tyler

[Click here to watch in our Vimeo account.](#)

Word of the Week: Repent

Dictionary:

verb

- to feel sorry, self-reproachful, or contrite for past conduct; to regret or be conscience-stricken about an action, attitude, etc.: *He repented after his thoughtless act.*
- to feel such sorrow for sin or fault as to be disposed to change one's life for the better; to be penitent.
- to remember or regard with self-reproach or contrition: *to repent one's injustice to another.*
- to feel sorry for; regret: *to repent an imprudent act.*

Quotes: “To repent means to realize that the kind of life we are living is wrong and that we must adopt a completely new set of values. To that end, it involves two things. It involves sorrow for what we have been and it involves the resolve that by the grace of God we will be changed.” – William Barclay.

“Jesus suffered deeply because He loves us deeply! He wants us to repent and be converted so that He can fully heal us.”
– Russell M. Nelson

“If you have behaved badly, repent, make what amends you can and address yourself to the task of behaving better next time.”
– Aldous Huxley

“May we so love as never to have occasion to repent of our love!”
– Henry David Thoreau

“A sinner can no more repent and believe without the Holy Spirit's aid than he can create a world.” – Charles Spurgeon

“A Christian is not someone who never goes wrong, but one who is enabled to repent and pick himself up and begin again, because the Christ-life is inside him.” – C. S. Lewis

“Jesus suffered deeply because He loves us deeply! He wants us to repent and be converted so that He can fully heal us.” – Russell M. Nelson

Bible: Mark 1:15

“The time has come,” he said. “The kingdom of God has come near. **Repent** and believe the good news!”

Acts 2:38

“**Repent** and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.”

Jeremiah 15:19a

This is what the Lord says: “If you **repent**, I will restore you that you may serve me; if you utter worthy, not worthless, words, you will be my spokesman.

Ezekiel 14:6

“Therefore say to the people of Israel, ‘This is what the Sovereign Lord says: **Repent!** Turn from your idols and renounce all your detestable practices!’

Ezekiel 18:30

I will judge each of you according to your own ways, declares the Sovereign Lord. **Repent!** Turn away from all your offenses; then sin will not be your downfall.

Matthew 4:16-17

The people living in darkness have seen a great light; ... From that time on Jesus began to preach, “**Repent**, for the kingdom of heaven has come near.”

Matthew 21:32

For John came to you to show you the way of righteousness, and you did not believe him, but the tax collectors and the prostitutes did. And even after you saw this, you did not **repent** and believe him.

Luke 15:7

I tell you that in the same way there will be more rejoicing in heaven over one sinner who **repents** than over ninety-nine righteous persons who do not need to **repent**.

Acts 2:38

Peter replied, “**Repent** and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.

Acts 3:19

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.