

## Part 9 | **How to Get Refreshed**

Acts 3:11-26

Repentance is when I **RECOGNIZE** my **SIN**,

**my complete brokenness** 1 John 1:8-10; Romans 3:9-20, 23; Isaiah 64:6-7

**true remorse, conviction** Psalm 38:18; 2 Corinthians 7:10

see it the way **GOD SEES IT**,

**responsibility (with no excuses)** v. 13-18

**“a change of mind”** Luke 3:8; 5:32; 2 Timothy 2:24-26

## **TURN** to Jesus

**by faith** v. 16 | Genesis 15:6; Acts 15:9; Romans 3:25; 5:1-2ff; Galatians 2:15-21; Hebrews 11

**change in direction** James 2:24

## and receive **FORGIVENESS!**

**“blotted out”** Isaiah 1:18

**true refreshing** Ezekiel 36:26-29

## REPENTANCE (IN TWO TESTAMENTS)

The Bible uses two different words for “repentance”, one in the Old Testament and one in the New Testament.

The Old Testament word for repentance is *shuv* (which means “to turn around”).

The New Testament word is *metanoieo* (which means “to rethink, change the mind”).

Combining these two words gives us a full understanding of repentance.

You change your mind by rethinking a matter and, as a result, this should change the way you live—so as to go in the opposite direction. Whenever there is sin in your life, you need to confess it, rethink your way, and then seek to take a turn in the right direction.

It is important to understand that you are not merely turning around and going God’s way... that would just be legalism. Rather, you first need to recognize the error of your way (as sin), confess it, seek forgiveness, and then want to do what God requires instead. **True repentance is both of these things, and not merely one or the other.**

The two aspects of repentance, one having to do with thought and the other with action, correspond to the two wrongs that we commit against God: our thoughts are not like God’s thoughts and our ways are not like God’s ways (Isaiah 55:8, 9). Repentance relates to both of these problems.

Adapted from Jay E. Adams, “Repentance,” *The Practical Encyclopedia of Christian Counseling* (Cordova, TN: Institute for Nouthetic Studies, 2020), 158–159.



Text us at **833-271-8805**.

Text this number anytime for prayer. Just say, “**Pray for...**” followed by your request.

Or if you just need someone to talk to, start texting us with whatever’s going on and someone will be in touch via text.



## Study Guide

Questions & Scripture for Further Study

**What is this?** – Each week people from Wawasee Bible meet in small groups in various homes to learn about Jesus, pray, eat, laugh, & live life together. **We call them Life Groups.** The questions here are based on the sermon each week (often a related part of Scripture), and guide each group’s study. If you’re interested in connecting with a Life Group, let us know on a Connect Card or at the Connect Desk!

### Welcome to Life Group!

Each week we’ll spend part of our time getting to know more about one another.

#### Share with the Group:

*This weekend Pastor Josh shared the poem, “Autobiography in Five Short Chapters” by Portia Nelson. It illustrates how repentance establishes a new direction in our lives. Can you think of a time when you needed a new direction in your life?*

**Looking back at your notes from this week’s teaching**, was there anything you heard for the first time, that caught your attention, challenged, or confused you?

### Digging Deeper – A Bible Study

**Use this guide for further personal and group study this week.** For the most impact in your life and in your group, *work through it on your own before you gather with your Life Group.* If your Life Group isn’t gathering this week, use this guide for further study personally.

1. True Biblical repentance is not only a call to stop sinning by changing our behavior, but the call to turn toward God. One of the best illustrations of repentance is the story of Zacchaeus, the tax collector. **Study Luke 19:1-10** below, and write down anything that stands out to you.
  - **Circle or highlight** any words or phrases that catch your attention.
  - **Underline** what you think is important to remember.
  - **Put an X** next to anything that confuses you.

<sup>1</sup> Jesus entered Jericho and was passing through. <sup>2</sup> A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. <sup>3</sup> He wanted to see who Jesus was, but because he was short he could not see over the crowd. <sup>4</sup> So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. <sup>5</sup> When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down immediately. I must stay at your house today.” <sup>6</sup> So he came down at once and welcomed him gladly. <sup>7</sup> All the people saw this and began to mutter, “He has gone to be the guest of a sinner.” <sup>8</sup> But Zacchaeus stood up and said to the Lord, “Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.” <sup>9</sup> Jesus said to him, “Today salvation has come to this house, because this man, too, is a son of Abraham. <sup>10</sup> For the Son of Man came to seek and to save the lost.”

**LUKE 19:1-10 (NIV)**

*(Study Guide continues on back panel...)*

# Welcome to Wawasee!

## OUR MISSION

We are *sent* to love people and invite them to follow Jesus with us.

## YOUR PATHWAY

If you call Wawasee Bible “home”, we challenge you to pursue **three things**:

### 1. Gather



Show up *regularly* and gather with us for worship.

### 2. Grow



Don't just show up, *grow up* spiritually and connect in a growth ministry like Life Groups.

### 3. Go!



Go and serve somewhere. Contribute as much *or more than* you consume!

## Word Find in the Word

Find the words from a passage related to this week's message.

### Word Find for Acts 3:17-21 (NIRV)

Find the words **bolded** below.

17 “My **friends**, I **know** you didn't **realize** what you were **doing**. **Neither** did your **leaders**. 18 But God had **given** a **promise** through all the **prophets**. And this is how he has **made** his **promise come true**. He **said** that his **Christ** would **suffer**. 19 So **turn away** from your **sins**. **Turn** to God. **Then** your **sins** will be **wiped away**. The **time** will **come when** the **Lord** will **make everything new**. 20 He will **send** the **Christ**. **Jesus** has **been appointed** as the **Christ** for you. 21 He must **remain** in **heaven** until the **time when** God **makes everything new**. He **promised** this **long** ago through his **holy prophets**.

A T I M E T R U E C N Y W  
W H E N G B K N O W N I  
A E H E A V E N P M C S P  
W N D G P S U F F E R I E  
A E O I P R O M I S E N D  
Y T I V O F K M P R M S D  
E U N E I T H E R E A R J  
R R G N N C O C O A I W H  
W N B T T E L W P L N C J  
L A E V E R Y T H I N G E  
O L E A D E R S E Z M R S  
R O N C H R I S T E A F U  
D N F R I E N D S B K A S  
E G S A I D C M A D E V D

## life groups Study Guide (continued)

- What stood out to you in that passage?
  - When we repent in our relationship with God, it often leads to changes in how we interact with others. What do you think it would have been like for Zacchaeus to approach those he wronged to ask forgiveness and pay back those he cheated?
  - In the story above, Zacchaeus was a new follower of Jesus, and we see repentance displayed in his life. Would you agree or disagree with the following statement? *“The longer a person follows Jesus, the less they need to repent.”*
3. One of the most profound expressions of repentance is recorded by David in Psalm 51. David had sinned grievously, sleeping with another man's wife and then having him murdered to cover his sin. Psalm 51 is David's response when he repented. **Read Psalm 51.**
- As you read, compare Psalm 51 with the sentence outline from this week's message. Where do you see each aspect of repentance (from this week's sentence) show up in David's psalm?

## Taking It Home

1. Looking back at this week's teaching and study, what is most important for you to remember and why?
  - In what ways is repentance “refreshing” to your spirit and life?
  - Have you thought of it that way before?
2. Is there an area in life where you sense God calling you to repent? What steps do you need to take to do so?

## Prayer

As you close, take time to pray for each other. **Divide into separate groups of men and women and pray for one another.**

This week's Study Guide is adapted in part from a study by North Coast Church in Vista, CA. North Coast is a sister church of Wawasee Bible and part of the EFCA.



Wawasee Bible is part of the Evangelical Free Church of America. View our Statement of Faith online at [wawaseebible.com/beliefs](http://wawaseebible.com/beliefs). Learn more about the EFCA at [efca.org](http://efca.org).

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# ACTS

EMPOWERED FOR JESUS'S MISSION

Sunday, November 13, 2022



PART 9

How to Get Refreshed

ACTS 3:11-26



### We're Glad You're Here Today!

Please register your attendance on our **digital Connect Card** by scanning the QR code with your phone's camera, or by visiting **wawasee.today** in your web browser. Update your contact info, share prayer requests, or just let us know how we can serve you! You can also access today's bulletin using the same QR or link.