



Day 3

Heartfelt Repentance

“Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord” (Acts 3:19).

“Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death” (2 Corinthians 7:9, 10).

“Remember... from where you have fallen; repent and do the first works, or else I will come to you quickly and remove your lampstand from its place—unless you repent” (Revelation 2:5).

“The Lord... is longsuffering toward us, not willing that any should perish but that all should come to repentance” (2 Peter 3:9).

“As many as I love, I rebuke and chasten: therefore be zealous, and repent” (Revelation 3:19).

“Now, therefore,’ says the LORD, ‘Turn to Me with all your heart, with fasting, with weeping, and with mourning.’ So rend your heart, and not your garments; return to the LORD your God, for He is gracious and merciful, slow to anger, and of great kindness; and He relents from doing harm. Who knows if He will turn and relent, and leave a blessing behind Him” (Joel 2:12-14).

“He is the one whom God exalted to His right hand as a Prince and a Savior, to grant repentance to Israel, and forgiveness of sins” (Acts 5:31).

“Christ is the source of every right impulse. He is the only one who can implant in the heart enmity against sin. Every desire for truth and purity, every conviction of our own sinfulness, is evidence that His Spirit is moving upon our hearts” (*Steps to Christ*, p. 26).

“Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me” (Psalm 51:10, 11).

Intercession Focus: *An Encounter with God in Prayer*

Prayerfully ask God whether you need to repent and forsake sin in any of these areas:

- Misguided priorities
- Pride & selfishness
- Media consumption
- Lack of love
- Little prayer & Bible study
- Use of time and finances
- Relationships with others
- Indulgence of appetite
- Grieving / not listening to the Holy Spirit
- Lack of forgiveness
- Jealousy / covetousness



Leader's Guide Three Day 3

Suggested Plan for *Heartfelt Repentance*

- **Introduction - 5 Minutes:**

- Explain that today will primarily be a time for silent, private prayer and repentance. We suggest that you lead people through the following outline below for an Encounter with God in Prayer. You can suggest each step verbally, have it projected on a screen for everyone to read, or print it out for people to have in their hands.
- Distribute intercession cards for people to pray over during the corporate prayer time at the end. Make sure to pick up the intercession cards at the end.

- **Encountering God in Prayer – A Model for (Private, Silent) Prayer (35 minutes)**

by Juanita Kretschmar

(Use wording like this to introduce this time of silent prayer: "Now we are going to have a special time of prayer and repentance that will be just between you and God. I will lead you through several aspects of prayer, repentance and worship. As I say each item, begin to silently pray about that specific subject. Because this is a time to confess your private sins, please pray silently. No one will pray out loud during this time, except me. Join me now as we meet our loving Heavenly Father in prayer.")

1. Ask the Father for the covering of the Holy Spirit bringing the presence of Jesus. Claim the blood of Jesus over all sin. Ask for angels to guard you, since He has promised. Ask Him to make sure that no other influences or thoughts will be allowed to disturb, that He will protect.
2. Worship the Creator, Redeemer, King, etc.
3. Invite Him to search your life for a revelation of hidden sin. Allow Him to take you back to childhood if necessary. Take time to be attentive and listen.
4. As conviction comes to your mind of thoughts, acts, cherished "rights" such as anger, rebellion and resentment, or experiences that in the presence of the cross are sin, be specific, call it sin, and ask for forgiveness. Accept forgiveness and thank Him aloud. (Your ears need to hear your own voice expressing confidence and praise.)
5. Ask for a deeper repentance. Since it is a gift, thank Him, whether you feel anything or not.
6. By your own free choice, tell your Heavenly Father you give Him permission to remove the sin and sense of guilt or condemnation that came with the sin. Let God know you are willing to allow Him to place the burden you have been carrying on the shoulders of His Son. Accept Jesus' desire to release you from this guilt. Christ wants to do this for you. Be sure to express thanks aloud.
7. Ask God what He has for you in exchange. What characteristic of Jesus is He waiting to give you? What gift of guidance or insight is He making available? Take time to be attentive and listen.
8. Let God know you will accept that gift (whatever thought, word, or picture He brings to your mind). Be sure to thank Him aloud.
9. Repeat the process as desired. Enjoy His presence. Praise Him.

10. At the time you are accepting gifts from God, if He has just impressed you of specific instances of sin, you may want to ask what help He would have sent if you had turned to Him fully in that earlier moment of temptation. Or you may ask what Jesus would have done in your place. He may
11. give you delightful insights.
12. You may want to ask Him at the final moments of this specific prayer if there is anything or anyone else He wants you to pray about or for, or if there is any particular instruction He wants to share with you, etc. Take time to be attentive and listen.
13. Be sure to praise Him aloud as you end the time of prayer. You'll want to. He's a wonderful God, and a marvelous, generous, loving Friend.

Corporate Prayer (20 minutes)

- Intercession Cards – Have people pray for the needs on the card in groups of twos or threes.
- End with 5-10 minutes of corporate praise. Praise God for giving us the gifts of repentance and forgiveness!

Suggested Songs: Create in Me a Clean Heart; Praise God from Whom All Blessings Flow (*SDA Hymnal* #694); Amazing Grace (*SDA Hymnal* #108); Thank You Lord for Saving My Soul; What a Friend We Have in Jesus (*SDA Hymnal* #499); He Lives (*SDA Hymnal* #251); Power in the Blood (*SDA Hymnal* #294); Turn Your Eyes Upon Jesus (*SDA Hymnal* #290).