



ENTER God's presence

Psalm 51:1-4,10-12

- ¹ Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
- ² Wash away all my iniquity
and cleanse me from my sin
- ³ For I know my transgressions,
and my sin is always before me.
- ⁴ Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge...
- ¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.
- ¹¹ Do not cast me from your presence
or take your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.

Pray: Gracious God, thank you for your love and mercy that continually invite us to return to you. As we gather around your Word, renew our hearts, turn our eyes toward Jesus, and bring your living Word alive in us. By your Holy Spirit, continue to shape us into the people you have made us to be in Christ. Amen

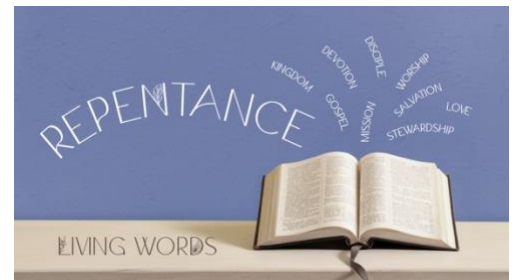


SHARE life together

1. What are your highs and lows since you last met?
2. Have you ever realised you were heading the wrong direction, either literally or in life? What helped you recognise it and get back on track?
3. When you've done something wrong, what do you find harder: admitting your mistake, or making a change? Why?

Week beginning:
Monday 19th October 2026

Worship series:
Living Words
#6 REPENTANCE



VERSE for the week

“Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.”

Joel 2:13



REMEMBER this week

Repentance is not simply confessing or avoiding sin. It is trusting the Good News of Jesus and daily reorienting our whole life toward him.

Imagine you're travelling somewhere and suddenly realise you've taken a wrong turn. Recognising the mistake is important, but it won't get you back on track. You need to change direction. Repentance is something like that. It's more than recognising our sin or saying sorry. It's about turning away from what leads us astray and returning to God. As you read this week's readings, notice what these passages tell us about why God invites us to return to him, and how he makes it possible for us to live with a different orientation.

Read **Joel 2:12-14** and **Colossians 3:1-11** [HERE](#) or in your own Bible.

4. **Try to summarise the main idea of these passages.**
5. **What verse/concept/teaching in these readings caught your attention and what was challenging/confronting/comforting about them for you?**
6. **In Joel 2:12-14, what does God call his people to do and what reasons does he give for returning to Him?**
7. **What do you think God means when he says in Joel 2:13, "rend your hearts and not your garments"?**
8. **In Colossians 3:1-4, what does Paul say has already happened to those who belong to Christ? (if you want some help, have a look at the end of Colossians chapter 2)**
9. **What instructions does Paul give in the rest of the Colossians reading and what does he say about the old and new self?**



When we think about repentance, we often focus on what we need to stop doing: recognising our sins, saying sorry, and trying harder to avoid making the same mistakes. But these readings invite us to see repentance as something much deeper. Joel calls us to return to a God who is gracious and compassionate, while Paul reminds us that we have already been raised to new life in Christ. Repentance, then, is not simply about confessing our sins or changing our behaviour, but about continually turning our hearts towards Jesus. Through his Word and Spirit, God renews our hearts and minds, helping us live in ways that reflect the new life he has already given us. So, let's explore what this means for the way we understand repentance and live as God's people.

10. **What do you understand as the difference between confessing our sins and repenting? Why is this distinction important do you think?**
11. **How does knowing that God is gracious, compassionate and loving change the way we approach him when we repent?**
12. **Paul reminds us that we have already been raised to new life with Christ. How does knowing who we are in Christ change the way we understand his instructions about how we should live?**
13. **Paul tells us to "put to death" our old sinful ways (Colossians 3:5). Like embers in a fire, sinful habits can be kept alive by what we feed them. How might setting our hearts and minds on Christ, rather than simply trying harder to avoid sin, help us stop feeding those old habits and grow in our new life with him?**



LIVE purposefully

MAKE IT REAL:

In the very first of his famous Ninety-Five Theses, Martin Luther wrote, “When our Lord and Master Jesus Christ said, ‘Repent,’ he willed the entire life of believers to be one of repentance.” Luther understood that repentance isn’t simply something we do when we’ve sinned, but a continual returning to Jesus and the new life he has given us. As God’s Word and Spirit renew our hearts and minds, we learn to leave behind our old ways and live more fully in Christ. So, what might a life of ongoing repentance look like for us, in our everyday relationships, choices and circumstances?

14. **What habits, attitudes or assumptions might God be inviting you to reconsider in light of your new identity in Christ?**
15. **What might it look like to deliberately turn your heart and mind towards Jesus in your everyday life this week?**
16. **How can we, as a church or as a LifeGroup, encourage and support one another in living a life of ongoing repentance and renewal?**

Plan your weekly devotions or **download the Church Central app** for the daily **LifeWay Devotions**



PRAY intentionally

You might like to pray together the following prayer, or spend time sharing together your prayer needs and praying for one another.

Gracious Father, thank you for your mercy and love, and for the new life you have given us in Jesus. Forgive us when we wander from you or fall back into our old ways. By your Holy Spirit, help us to recognise what needs to change, turn our hearts continually towards Christ, and trust in your promises. Renew our hearts and minds through your Word, and help us encourage one another as we grow in faith and live out our new identity in Jesus. Amen.



BLESS one another

You might like to address one person in your group and make the sign of the cross on their forehead or on the palm of their hand as you say...

[Name], Christ has given you new life and made you free to live in it. Amen.