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# REPENTANCE GUIDE

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**Luke 24: 46-47** "46 He told them, "This is what is written: The Messiah will suffer and rise from the dead on the third day, 47 and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem."

**Acts 26:20** " First to those in Damascus, then to those in Jerusalem and in all Judea, and then to the Gentiles, I preached that they should repent and turn to God and demonstrate their repentance by their deeds.."

## PRACTICAL HELP

### A. ACKNOWLEDGEMENT OF SINS

Acknowledge all your sins, without omitting anything that comes to mind.

Pray that God will give you the memory of your sins from infancy to the present day and write them down!

1. Write down the names of the people you remember insulting, the places and circumstances in which you insulted them.
2. Write down the names of the things you stole (i.e. things you took without the owner's permission and to which you have no legal right) and the names of the owners.
3. Write down the names of the people you held a grudge against.
4. Write down the names of people with whom you have committed fornication, or adultery in deed.
5. Write whether or not you are living with a woman whom you have not legally married (concubinage/cohabitation = fornication).
6. Write whether or not you have had sexual intercourse with an animal or animals.
7. Write if you have had intimate touching or sexual touching with a person of the opposite sex (but not your husband or wife), or of the same sex as you.
8. Write if you have had sexual practices with someone of the same sex as you (homosexuality or lesbianism).
9. Write about all the times you have been raped.
10. Write down if you have committed murder (killed someone or had an abortion or encouraged someone to have an abortion).
11. Write down the times in your life when you have told lies and the names of the people you have lied to.
12. Write down the times you have cheated or defrauded.
13. Write about the times you have bribed to get something.
14. Write about the times you got angry with someone.
15. Write about the times you have disobeyed your father or mother.

16. Write about the times you have made fun of someone.
17. Write about the times you have committed gluttony (eating to excess).
18. Write the names of the people to whom you have committed fornication in your mind.
19. Write down all the occasions when you have masturbated, i.e. caressed yourself for sexual pleasure (self-rape).
20. Write down all the times you have watched pornographic films or read pornographic novels.
21. Write down whether or not you have used tobacco (cigarettes) or alcoholic drinks. Also write down if you have given any to anyone.
22. Write down the names of people you speak badly about to others (slander or criticism).
23. Write down the times in your life when your heart was leading you to take something that belonged to someone else by trickery or force.
24. Write down the times when you have cursed God, or a man.
25. Write down the times when you have tried to commit suicide.
26. Write down the circumstances in which you have acted badly:
  - You fought with someone;
  - You slapped someone;
  - You hit someone;
  - You refused to give someone a gift when you had the opportunity.
27. Write down the circumstances in which you cheated someone to get money, loincloths, knitting, etc.
28. Write down circumstances in which you have been jealous of someone for something.
29. Write down the things or reasons why you have often been proud.
30. Write whether you have worshipped parents' fetishes or streams; also write the names of fetishes and streams that parents worship.
31. Write if you are a practitioner of witchcraft and also note the things you have done in witchcraft
32. Write down the circumstances in which you hid to commit a sin, and the names of the people you hid from.
33. Write down all the circumstances in which you helped someone to commit a sin.
34. Write down the sins you have committed against your husband (or wife).
35. Write down any sins you have committed against your children.
36. Write down the sins you have committed against one or more members of your family.
37. Write whether or not you have read the Bible systematically from Genesis to Revelation at least once.
38. Write down the circumstances in which you took revenge (in word or deed) and the name of the person against whom you took revenge.

39. Write the names of the people you owe money to and the amount you owe.
40. Write down the names of the native doctors, soothsayers, fortune tellers, fetishists, charlatans, ... that you consulted; also write down the places or localities in which you consulted them; write down the names of the things that you gave to them; also write down the names of the things that they gave to you as mystical objects (Go and destroy them with your disciple-maker)
41. Write whether you have been a member of sects or bad religions.
42. Write if you have practised horoscopes, or if you have had your palms read, or your future predicted in any form.
43. Write down all the sins you have in mind, but have not yet accomplished.
44. Write down whether you have always paid your tithes and offerings to God, if not ask God for forgiveness and plan to pay God back as soon as possible.
45. Make a list of the sins that your heart loves.

## B. CONFESSION OF SINS TO GOD

Confess to God each of the sins you have written down since the beginning, and ask Him to forgive you completely and to wipe them before Him.

You must be moved by a sadness (remorse) for having committed these sins against God.

Here is a model prayer:

- a. Ask God to forgive you for this sin.
- b. Ask God to take away this sin with the blood of Jesus.
- c. Beg God to remove the present and future consequences of this sin on your life.
- d. Tell God that you never want to commit this sin again.
- e. Ask God to direct you by His Spirit so that you will never commit this sin again.

## C. ABANDON ALL SIN IMMEDIATELY

Commit yourself to give up all forms of sin immediately and totally. If you cherish and keep one of all your sins then God will not forgive all the others. God will either forgive everything or He will not forgive anything (Proverbs 28:13).

## D. COMMITMENT TO RESTITUTION

One must commit to make restitution for what has been stolen, extorted, or acquired by deceit, to make restitution for any lie with the corresponding truth, to make restitution for anything acquired through the ways of sin, to make restitution for any harm done to others.

### N.B:

- It is better to carry out this repentance accompanied with a three-day complete fast during which you drink only water (Joel 2: 12-14, Acts 9: 9)
- Come and show repentance to your disciple-maker to receive advice and to help you make restitution according to Acts 19:18-20
- Join those who flee from sin and fear God (2 Timothy 2:22) "Flee from the passions of youth, and seek righteousness, faith, love, peace with those who call on the Lord with a pure heart. Acts 19:9; 1 Corinthians 15:33