

Lesson 5 – Repentance & Permanence of the Cross

Introduction

The gospel message calls us to repentance, a turning away from sin and a turning toward God. Repentance is not mere regret or guilt; it is a change of mind and direction that results in transformed living. At the same time, true repentance rests in the permanence of what Jesus accomplished on the Cross. His sacrifice was once and for all, complete and sufficient. This lesson helps us understand both the ongoing call to repentance and the unshakable assurance of Christ's finished work.

Teaching Session

1. John's Baptism of Repentance

Mark 1:4 (NIV)

And so John the Baptist appeared in the wilderness, preaching a baptism of repentance for the forgiveness of sins.

- Repentance prepares the way for God's work in our lives.
 - John's message was about turning hearts back to God.
 - Repentance is not optional but essential for discipleship.
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2. The Call to Repentance

Acts 3:19 (NIV)

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

- Repentance is both turning *from* sin and turning *to* God.
 - Forgiveness leads to refreshment, renewal, and freedom.
 - Repentance is life-giving, not shame-inducing.
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3. Godly Sorrow vs. Worldly Sorrow

2 Corinthians 7:10 (NIV)

Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

- Godly sorrow produces real change; worldly sorrow only produces guilt.
 - True repentance leaves no regret, because it leads to life.
 - Repentance is hope-filled, not despair-filled.
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4. The Permanence of the Cross

Hebrews 9:12 (NIV)

He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption.

- Jesus' sacrifice is complete, no repetition is needed.
 - Eternal redemption = permanent forgiveness and access to God.
 - Repentance is anchored in the security of the finished work of Christ.
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5. Once for All Sacrifice

Hebrews 10:10 (NIV)

And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all.

- Holiness is not achieved through effort, but received through Christ.
 - "Once for all" means past, present, and future sins were dealt with at the Cross.
 - Repentance does not re-crucify Christ; it applies His finished work to our lives.
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Study & Discussion Questions

1. How is biblical repentance different from simple regret or feeling sorry?
2. Why is turning *to God* as important as turning *away from sin*?
3. What does it mean that Jesus' sacrifice was "once for all"? How does that give you confidence in your salvation?
4. How does repentance bring "times of refreshing" (Acts 3:19) in practical daily life?
5. Why is it important to anchor repentance in the permanence of the Cross instead of in guilt or fear?

Application & Reflection

- **Memory 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, NIV)
- **Personal Reflection:** Identify one area where you need to turn back to God. Write a prayer of repentance, thanking Him for the permanence of Christ’s sacrifice that secures your forgiveness.
- **Group Activity:** As a group, read Hebrews 9:12 and 10:10 aloud. Discuss what “once for all” means for your walk with Christ. End with a time of confession and prayer for renewed freedom and refreshment.