



DECIDED

Repentance

The D-Cycle is a curriculum containing content designed to establish the scriptural foundations of the faith in the life of a believer.

VISION FOR REPENTANCE

Repentance is the first point in the Decided portion of the D-Cycle. It's the first step in truly following Jesus—not a one-time moment, but an ongoing choice to say 'no' to sin and 'yes' to the ways of Jesus. We cannot have a relationship with God without repentance. Repentance is the door to the abundant life, deep joy, and lasting peace that Jesus offers.

Key Definitions

- **Repentance:** to change one's mind and to change one's ways

HEAD

Summary of Points

1. Repentance begins with recognizing our true condition

Before we can change, we must first be honest about where we are - acknowledging our sin, brokenness, and the ways we have not met God's standard.

2. Repentance involves a deliberate shift in both thinking and behavior

It's not just feeling sorry; it's a decision to realign our thoughts and actions with God's truth. You cannot "accidentally" repent.

3. Repentance is the process of replacing old, dead thoughts and beliefs with new and better life-giving thoughts and beliefs.

As our minds are renewed, our lifestyle naturally begins to reflect this new direction - producing lasting transformation

4. Repentance requires confession

Admitting our sin - both to God and others - is required in breaking sin's power. We cannot walk in authentic community without being open about our weaknesses, brokenness, and sin.

5. True repentance changes every aspect of who we are - mind, heart, and actions.

When repentance is genuine, it touches every part of us. It begins the process of reshaping how we think, what we desire, and how we live.

Lifegroup Scriptures

The Prodigal Son

Luke 15:11-32

D-Group Scriptures

Jesus and Zacchaeus

Luke 19:1-10

The Kingdom of God

Luke 3:1-14

Matthew 3:1-10

Walking in the Light

1 John 1

David's Repentance

Psalms 51

Discussion Methods

Below are two suggested methods for discussing Scripture.

Traditional DBS New Testament Letters	Inductive Bible Study Gospels, Acts, Old Testament Accounts
1. What does this say about God?	1. Observation – What happened?
2. What does this say about me/people?	2. Interpretation – What does it mean?
3. What is my obedient response?	3. Application – How can I obey?

HEART

Questions

1. What does it mean to surrender to Jesus as Lord and King of your life?
2. In what specific ways will your thoughts, priorities, or habits need to change in order to fully submit to Jesus as Lord?
3. Who are the people, what are the possessions, and what are the pursuits that currently receive more of your attention, love, and devotion than Jesus?
4. What are some noticeable changes in your life—internally or externally—since choosing to follow Jesus?
5. How would you describe a lifestyle marked by ongoing repentance, and how is that different from a one-time decision?

Lifegroup content ends here

HANDS

Discipleship Actions

1. Identify and confess the areas of your life that are not fully submitted to Jesus' lordship.
2. Ask the Lord to reveal to you the actions required to walk out your repentance.
3. Share your repentance plan with a trusted mentor or spiritual leader for wisdom, encouragement, and accountability.

RESOURCES

Books

- [The Calvary Road](#) - Roy Hession

Teachings

- [The Normal Christian Birth](#) - David Pawson