

Study Series: The Overcoming Life

Author: D. L. Moody

Lesson Title: “Results of True Repentance” (pp. 119-130)

Session 9

April 30, 2023

The main point of this lesson is: True repentance involves the entire person.

Focus on this goal: To help adults weigh their repentance against the author’s five-part standard

Key Bible Passage: Matthew 3:8

During the Session

Step 1. Create Interest / Jumpstart Discussion

Ask: What’s your favorite and least favorite part of driving on an interstate highway? What tips would you give a young driver on how to merge safely onto the interstate? Note that merging from an on-ramp onto a busy highway requires full attention involving the entire person.

State from the Introduction (p. 103) that The Overcoming Life lays forth a practical road map to the victorious Christian life. Examine how repentance could be viewed as an on-ramp to that pathway. Emphasize that true repentance involves the entire person.

Step 2. 1. Conviction, Part 1

Determine who needs to repent and why. Discuss the first Day One, activity 1 question (p. 119).

Analyze the relationship between repenting and believing the gospel by asking: Is it possible to fully believe in Jesus’s message of salvation and not repent of our sins? Explain your reasoning.

Explain the author gave five standards that indicate true repentance. The first is conviction. Determine why conviction is absolutely essential for an overcoming life.

Invite a volunteer to quote or read Romans 8:1. Evaluate the difference between conviction and condemnation. Point out the attitude of condemnation is shame and hopelessness while the attitude of conviction is humility and hope in God.

Discuss Day One, activity 2 (p. 120). Consider why God’s convicting us of sin is a sign of His grace and mercy toward us.

Step 3. 1. Conviction, Part 2

Note the author highlighted three things that lead to conviction. The first is conscience. Guide the group to define conscience and describe how conscience works to convict a person of sin.

Analyze why the conscience isn’t a safe guide. Discuss Day Two, activity 1 (p. 121). Request two volunteers read 2 Timothy 3:16-17 and Hebrews 4:12-13. Ask what is always a dependable guide for convicting of sin and why.

Invite a volunteer to read John 16:7-8. Evaluate how the Spirit might work conviction in someone’s heart.

Invite volunteers to share their responses to Day Two, activity 2 (p. 122).

Step 4. Contrition and Confession

State the next standard of repentance is contrition. Guide the group to define contrition. Ask: Do you see much contrition these days? Why do you think that is?

Discuss the first question in Day Three, activity 1 (p. 123). Consider why godly sorrow, or contrition, is absolutely essential for repentance.

Note contrition leads to confession of sin. Explore how admit, acknowledge, and agree are all part of true confession.

Analyze why “Unconfessed sins in the soul is like a bullet in the body” (p. 123). Ask two volunteers to read Psalm 66:18 and Proverbs 28:13. Determine consequences of not confessing sin. Continue that conversation by discussing Day Three, activity 2 (p. 123).

Use the remarks in Day Three (p. 124) to examine the three ways of confessing sin.

Discuss Day Three, activity 3 (p. 124).

Step 5. 4. Conversion

Request adults identify the stage of repentance that follows confession.

Ask if adults have ever gone through an information system conversion at their work, and if so, to describe the process. Ask: Can you use the old system once you’ve converted to the new? How can that illustration from the business world help us gain a perspective on what spiritual conversion means?

Discuss the Day Four pull quote (p. 125). Ask: If we sin does that mean we’ve not been converted? Explain. Read 1 John 3:4-10. Evaluate the difference between committing a sin and practicing sin.

Ask: How does conversion involve the entire person—mind, spirit, and body? Discuss Day Four, activity 1 (p. 125).

Step 6. 5. Confession of Jesus Christ

Request adults identify the next step of repentance after conversion.

Read the Day Five pull quote (p. 126) and examine why that is so. Evaluate how confessing Christ also involves the entire person.

Discuss Day Five, activity 1 (pp. 126-127) and the first part of Day Five, activity 2 (p. 127).

Step 7. Practical Application – Live Out the Lesson

State: We can’t drive on two roads at the same time. True repentance is getting off the road that doesn’t follow Christ and merging onto the pathway to an overcoming life. We can’t stop on the on-ramp when merging onto the highway, we’ve got to follow through if we want to merge on safely. And we can’t pick and choose which of these five standards of repentance we want to act on, we’ve got to engage in all of them with our entire selves.

Urge participants to use the last part of Day Five, activity 2 (p. 127) to evaluate their own repentance. Remind them that God’s call for full repentance is out of His grace and mercy. He’s not willing for us to stay in our sin, so He invites us to take the steps necessary to be restored to an overcoming life in intimate fellowship with Him.

Close in prayer.

