





An aerial photograph of a winding asphalt road that curves through a dense forest. The trees are in various stages of autumn, with some showing bright yellow and orange leaves, while others remain green. The road has white dashed lines and a solid white line on the edge. The overall scene is peaceful and scenic.

THE HEART OF  
**TRUE**  
REPENTANCE



# A CHANGED MIND

**Comprehension – I recognize what I did was sinful.**

- Repent – *metanoēō* – “to think differently or afterwards, i.e. reconsider” (STRONG)
- Intellectual assent to the nature of the act as sinful – *1 John 3:4; 2 Samuel 24:1, 10*
- Acknowledgment of culpability – *Ezekiel 18:20; Psalm 51:3-4; Romans 3:1-4*



# A CHANGED MIND

**Contrition – I am sincerely sorrowful for what I did.**

- Always sorrow and remorse in true repentance – *James 4:9-10; Lamentations 1:8-9, 14, 16, 18*
- *Metamellomai* – “to care afterwards, i.e. regret” (STRONG); “meta, ‘after,’ and melo, ‘to care for,’” (VINE)
  - Parable of the Two Sons – *Matthew 21:28-32*
- True change of mind with true contrition always involves full confession – *1 John 1:8-10; Proverbs 28:13; Luke 18:9-14; Psalm 32:3-5*




# A CONVERTED HEART

**Conversion – I have turned my will over to God’s will.**

- John’s ministry – *Luke 3:3; Matthew 3:1-2* – preaching repentance (*metanoia*)
- Another related word in relation to John’s ministry – *Luke 1:16-17* (cf. *Malachi 4:5-6; Isaiah 29:22-24*)
  - *epistrephō* – “to turn about, turn towards” (VINE)
- *epistrephō* (positive) paired with *metanoeo* (negative) – *Acts 3:19; 26:20*



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# A CONVERTED HEART

**Correction – I have altered my ways to fit God’s will.**

- If the mind has been changed about sin, if the heart has turned to God in surrender to His will, then there will be a demonstrable change of ways and deeds.
- Works befitting repentance – *Acts 26:20*
- Thessalonian example – *1 Thessalonians 1:6-10*



# A CORRESPONDING FRUITFULNESS

**Compensation – I have taken appropriate action to convince God, and any other who was sinned against of everything prior to this point.**

- Bearing fruits worthy of repentance? – *Luke 3:7-14*
- Example of Zacchaeus – *Luke 19:1-10*
- What true repentance does – *2 Corinthians 7:11*
  - NOTE: “clearing” – *apologia* – defense, i.e. they built a case for themselves to show their repentance/change – **“In all things you proved yourselves to be clear in this matter.”**



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# A CORRESPONDING FRUITFULNESS

**Celebration – I can rejoice that I have been restored.**

- Joy comes with forgiveness, and a restored relationship with God – *Psalm 51:12; 32:1-5, 10-11*
- **The sinner has no reason or right to expect joy prior to all conditions of repentance being met for forgiveness. To expect joy prior to this manifests a lack of true repentance.**



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**A Changed Mind**

Comprehension

Contrition

**A Converted Heart**

Conversion

Correction

**A Corresponding**

**Fruitfulness**

Compensation

Celebration

THE HEART OF  
**TRUE**  
REPENTANCE