



# Living Life Reformed

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## CHURCH

### “Real Repentance”—Jonah 3

#### What Is Repentance?

- 1) Repentance Begins with An Awareness  
That What We Have Done \_\_\_\_\_
- 2) Repentance Continues by Recognizing That Our Behavior Has  
Hurt \_\_\_\_\_
- 3) Repentance Means a Change \_\_\_\_\_
- 4) Repentance Also Means a Change \_\_\_\_\_
- 5) Repentance Doesn't \_\_\_\_\_ a Response from God
- 6) The Result of Repentance Is \_\_\_\_\_

#### For Further Thought or Discussion

- 1) Is it hard for you to say, “I’m sorry” or “I was wrong”? Why is it hard for many people to say these simple words?
- 2) Who gets hurt when we sin or choose what is wrong?
- 3) What enables us to move forward and leave our sin and pain behind us?
- 4) How can you help others move forward and grow in their relationship with God in the midst of their sin?
- 5) When you have real repentance, what is it that changes?
- 6) What did you learn about God in Jonah chapter 3?
- 7) What other applications or action steps could you take from this week’s message?