

Understanding People - Chapter 9 - Repentance
Student Class Notes - Teacher's Edition

1. Definitions: (pp. 142-146)

The “conscious mind” deals with that part of man in which we are aware of our thinking and evaluations including moral judgments. This involves behavior, beliefs and emotions.

The “unconscious mind” is rooted in the idea that our hearts are deceitful and desperately wicked (Jeremiah 17:9). It deals with the reservoir of basic assumptions which people firmly and emotionally hold about how to meet their needs. It involves beliefs, images and pain which are not identified clearly - hence unaware - “unconscious.” Though unaware, these images and beliefs develop as chosen as responses to make sense of our world.

The “heart” deals with man’s inner drive of who is he going to serve - himself or God. Only God can change the heart.

The Biblical counselor strives to change both the outward behavior and the “unconscious mind” through the “conscious mind.” Behavior is not enough. The underlying beliefs and motivations must also be changed if true godliness is to be pursued.

The unconscious mind is changed by exposure and correction of what is in it.

The three instruments that are used in this process are:

1. The Word of God. Hebrews 4:12-13, ¹² *For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart.* ¹³ *And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.* (See also: John 17:17; 2 Timothy 3:16-17; 1 Peter 1:23;
2. The Spirit of God. Psalm 139:23-24, ²³ *Search me, O God, and know my heart; Try me and know my anxious thoughts;* ²⁴ *And see if there be any hurtful way in me, And lead me in the everlasting way.* (See also: John 16:8-11; 1 Peter 3:18)
3. The People of God. Hebrews 3:13, *But encourage one another day after day, as long as it is still called “Today,” so that none of you will be hardened by the deceitfulness of sin.* (See also: The “one another” verses; Ephesians 4:11-16; Galatians 6:1-4; Matthew 18:15-17; 1 Corinthians 12-14, etc.)

2. Relational strategies develop from relational pain (146-148).

Relational Pain = Images. These develop from the various events of life that expose the pain of unmet longings sought outside of God. We chose to underplay the fullness of the hurt preferring to leave it not fully recognized. They are the parts which form the belief system or relational strategy.

Relational Strategy = Belief system. What a person thinks will fill their personal circle. This is their strategy to find relief from relational pain and achieve meaning in life. We distance ourselves from those that cause pain and cautious closeness with those that make us feel good - close enough to be affirmed but not so close to risk serious hurt. It becomes a system of self-protection which is usually self-deceiving (Proverbs 20:5).

The counselor not only instructs and persuades, but also seeks to expose and probe for denied relational pain and the unrecognized wrong strategies designed to protect from further pain.

3. Repentance is the key to change. The Biblical Counselor uses the “conscious mind” to prod the counselee toward repentance. (pp. 149-152)

Repentance is a change of mind about something that results in a turning away from one direction and going in the opposite direction.

The repentance that leads to salvation means a change of mind from following sin and self to following Jesus Christ. It is turning from sin to righteousness and from self to the Savior.

Repentance is produced from a conviction of sin.

Repentance is also required in the daily life order to improve the relationship with Christ - turning from revealed sin to righteousness, and from self protection to dependence upon the Lord.

Exposure of relational pain reveals the self-protective relational strategies that block spiritual maturity

The results of true repentance is a turning from wrong behavior and false beliefs to truth and behavior in keeping with the truth and brings about forgiveness and increased involvement.

Increased dependence upon Christ enables to forgive others as He does and pursue great involvement with others despite the increased risk of pain that brings.

Repentance is the start of the process that enables our rational circles to become full and then also our personal circles. As we think correctly our relationships and sense of purpose are also corrected.

4. What do the following verses say about repentance?

Luke 13:1-5, *You will perish unless you repent*

Now on the same occasion there were some present who reported to Him about the Galileans, whose blood Pilate had mingled with their sacrifices. 2 And He answered and said to them, “Do you suppose that these Galileans were [greater] sinners than all [other] Galileans, because they suffered this [fate?] 3 “I tell you, no, but unless you repent, you will all likewise perish. 4 “Or do you suppose that those eighteen on whom the tower in Siloam fell and killed them, were [worse] culprits than all the men who live in Jerusalem? 5 “I tell you, no, but unless you repent, you will all likewise perish.”

Luke 24:47; Acts 2:38; 3:19, *Repentance is needed for salvation*

Luke 24:47 - *and that repentance for forgiveness of sins should be proclaimed in His name to all the nations, beginning from Jerusalem*

Acts 2:38 - *And Peter [said] to them, “Repent, and let each of you be baptized in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit.*

Acts 3:19 - *“Repent therefore and return, that your sins may be wiped away, in order that times of refreshing may come from the presence of the Lord;*

Acts 17:30, *God commands for all men to repent*

Therefore having overlooked the times of ignorance, God is now declaring to men that all everywhere should repent,

2 Peter 3:9, *God desires that all repent*

The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance

2 Corinthians 7:9-10, There is both a Godly repentance and an ungodly sorrow

9 I now rejoice, not that you were made sorrowful, but that you were made sorrowful to [the point of] repentance; for you were made sorrowful according to [the will of] God, in order that you might not suffer loss in anything through us. 10 For the sorrow that is according to [the will of] God produces a repentance without regret, [leading] to salvation; but the sorrow of the world produces death

Matthew 3:8 - Repentance will bear its fruit

“Therefore bring forth fruit in keeping with repentance;

5. Read the handout article on repentance

The Preaching of Repentance:

Jesus - Mark 1:15

Commanded as part of the Gospel - Luke 24:47

Peter - Acts 2:38

Paul - Acts 17:30; 20:21

To the churches in Revelation 3 & 4

Meaning of repentance

נָחַם נָחַם nacham - Job 42:6. Jeremiah 8:6 To be sorry, to change mind.

שׁוּב shub Psalm 7:12; Jeremiah 15:7 to turn back

μετανοέω / metanoēō to change one's way of life as the result of a complete change of thought and attitude with regard to sin and righteousness— 'to repent, to change one's way, repentance.' (Louw-Nida)

Desperate Repentance - Exodus 9:27-30, 34 (Pharaoh)

Doubtful Repentance - Joshua 7 (Achan)

Double-minded Repentance - Numbers 22:34; 31:16; 31:8 (Balaam)

Despairing Repentance - Matthew 27:3-5; 2 Corinthians 7:10 (Judas)

Delayed Repentance - 2 Samuel 11-12; Psalm 32 (David)

True Repentance - Psalm 51