

Lesson 14

Repentance

Understanding Sin

Did you know that sometimes we do things that make God sad? Those things are called sins. Sins can be big or small, and they can stop us from being close to God. But don't worry! God still loves us, and He wants to help us get rid of our sins.

The Bible tells us that everyone makes mistakes and does things that are wrong sometimes (Romans 3:23). Even though we try our best, we can still mess up because we're not perfect like Jesus. But that's okay because God gives us a way to fix our mistakes – it's called repentance!

What is Repentance?

Repentance is like saying sorry to God and asking Him to help us be better. It's like getting a fresh start and making things right again. Just like when you make a mistake with your friends and say sorry to them, we can say sorry to God and try to do better next time.

When we repent, it's like cleaning our hearts from the bad stuff we've done. It helps us feel happy inside because we know we're doing the right thing. And guess what? God is always happy when we choose to repent and try to be better!

Steps to Repentance

- **Recognize Our Sins:** We need to admit to ourselves and to God when we've done something wrong. Even though it might be hard to say sorry, it's the first step to feeling better.
- **Feel Sorry for Our Sins:** We should feel sad about the things we've done wrong. This shows God that we really want to change and make things right.
- **Stop Doing Wrong Things:** Once we've said sorry, we need to stop doing the things that make God sad. It's like choosing to be good instead of doing bad things.
- **Tell God We're Sorry:** We need to talk to God and tell Him we're sorry for what we've done. He's always ready to listen to us and forgive us when we're truly sorry.

- **Make Things Right:** Sometimes, when we hurt someone, we need to make it up to them. It's the same with God – we need to try to fix our mistakes and do better next time.
- **Forgive Others:** Just like we want God to forgive us, we need to forgive others when they do something wrong to us. It helps us feel better inside, and it's what God wants us to do.
- **Follow God's Rules:** After we've said sorry and made things right, we need to keep doing what God wants us to do. It's like showing God that we really mean it when we say sorry.

Why Repentance Helps Us

When we repent, it's like taking a heavy backpack off our shoulders – we feel lighter and happier! God wants us to be happy, and when we choose to repent, He helps us feel better inside.

Remember, we should never wait too long to say sorry to God. Every day is a chance to start fresh and choose to be better. So, let's remember to say sorry when we need to, and God will always be there to help us along the way!

Scripture References:

- Romans 3:23
- James 4:17
- 1 John 1:8
-

Title: "Sophie's Journey of Repentance"

Once upon a time, in a small village nestled among rolling hills, there lived a young girl named Sophie. She had bright eyes that sparkled like stars and a heart full of curiosity and kindness. But like all of us, Sophie sometimes made mistakes that made her feel sad and distant from God.

One sunny afternoon, while playing with her friends, Sophie accidentally broke her friend's favorite toy. As she saw the tears welling up in her friend's eyes, Sophie's heart sank. She knew she had done something wrong.

Later that day, as Sophie sat under the shade of a towering oak tree, she remembered the stories her parents had told her about repentance. With a heavy heart, Sophie realized she needed to make things right.

That evening, as the golden hues of the sunset painted the sky, Sophie knelt beside her bed and poured out her heart to God. She told Him how sorry she was for breaking her friend's toy and asked for His help to be a better friend.

The next day, Sophie gathered her courage and went to her friend's house. With a lump in her throat, she apologized and promised to make it right. To her surprise, her friend hugged her tightly and forgave her.

As days turned into weeks, Sophie made a conscious effort to follow the steps of repentance. She recognized her mistakes, felt sorrow for them, and stopped doing things that made God sad. Each night, she prayed to God, asking for His forgiveness and guidance.

With each act of repentance, Sophie felt a weight lifting from her shoulders. She felt happier and closer to God than ever before. And as she forgave others for their mistakes, she discovered the joy that comes from extending love and understanding.

Through Sophie's journey of repentance, she learned that no mistake is too big for God's love to heal. Every day became an opportunity for growth and renewal, and Sophie found comfort in knowing that God was always there to help her along the way.