

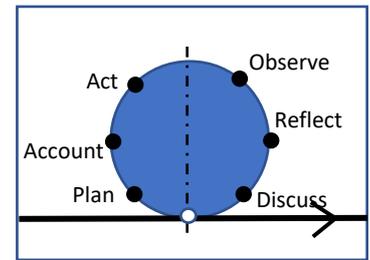
Memory aid

Discipleship principle 1: Repent and believe

Read: Matt 7:13-14 and Mark 1:9-15

Why this is important

Everyone is on a journey. Sadly this journey is not always leading us to a good place. Jesus talked about how the Christian journey is like a narrow road (draw a line). Along this journey there are moments in time (white dot on the line) where God is directly speaking to us and looking for us to choose his way. Jesus communicates to us through his word and his Holy Spirit who is within us. The question is are we listening and attentive to what God is saying and the direction he is trying to lead us?



A common task of the Holy Spirit is to help us grow in our relationship with God continually faithfully on the narrow road that Jesus calls us to. One way that he does this is to call us to repent and believe to help draw us to a closer walk with Jesus. This was Jesus' message when he preached his first sermon in Mark 1:15. "repent and believe because the kingdom of God is here". The Greek for repentance is *metanoia*. It means a change of heart that shows up in a behaviour change.

We commonly think of repentance as a negative message of condemnation and judgement without grace, but that could not be further from the truth. Repentance is about returning home. Realigning our hearts and renewing our thinking to line up with God's good way. Once we have changed inside; the new attitude will affect our outward actions through belief in action.

The learning circle (refer memory aid) captures Jesus' teaching in Mark 1:15 and provides a powerful tool for helping us unpack and apply what God is saying to us through his Spirit resulting in continuous transformation.

The first section of the circle deals with repentance. There are three steps in this half of the circle. Observe, reflect and discuss.

Observe – What has happened or is happening? What are you feeling this way? Try and be honest, specific and non-judgemental of yourself or others.

Reflect – Reflect on your observations. Asking questions is a great way to reflect. Why do we feel as we do? Why did we react that way? Why has God brought this thing to your attention? Are there some patterns here?

Discuss – Discuss the first two points with a safe person (mentor) who is close to you. Ask them to help you unpack what God is saying in this moment on your journey. Are there any scriptures that would provide helpful insight? It is important at this time that your mentor does not try and "fix you" or "judge you". Being a safe person is about helping the other person become attentive to what God is saying and coming up with their own way forward. It is a sacred space. Unless someone comes up to terms with what God is saying and owns their own way forward there will be no lasting change or growth. Remember to be sensitive, prayerful and biblically grounded through this discussion.

After moving through the first three steps on the right side of the circle (repentance) we move to the left side of the circle and the three steps that address belief in action.

Plan – With your partner put together a plan to help respond to what God is saying. Remember that small, practical steps are often best. Developing this plan will be moving you in step with the direction that the Holy Spirit is looking to take you.

Account – Agree to follow up with your mentor next time you meet about how you went putting into action a practical step to respond to what God is saying.

Act – Go and put your plan into action, relying on God's strength and provision to bring the change. Remember that change takes time and consistency. You may make mistakes or fall back into old ways of thinking and actions. When you do this. Stop and pause and ask God to fill you with His Holy Spirit and help you follow his narrow but amazing way.