

How to repent

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The struggle with sin and how to repent

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Introduction:

In this e-book, I talk about what sin is and how to overcome it through the strength and power of the Holy Spirit. Also, I talk about what repentance is and how to repent and turn away from sin. Furthermore, I talk about the difference between godly sorrow and worldly sorrow. I also talk about the difference between conviction and condemnation. In addition, I talk about different strongholds Christians struggle with and how to get deliverance.

Chapter 1: What is sin and how to conquer and overcome it?

Sin is transgression or lawlessness. Sin is the bad things that we do that we know we should not be doing. For example, people steal, cheat, murder, etc. Those are sins of commission. But sin could also be the things we know to do that we don't do. An example of this is praying, reading our Bibles, helping others, and sharing the gospel. These are sins of omission. There are times we are sinning and do not even know we are sinning unless we have the Holy Spirit in us to convict us of that sin.

Do all people sin? Yes, every human being from the beginning of creation has sinned against God except for Jesus Christ, who was the perfect, spotless lamb of God. He was perfectly holy, righteous, and without sin. The Bible says in Romans 3:23, "for all have sinned and fall short of the glory of God." So every human being has fallen short of God's perfect and holy standard. We are all deserving of death and hell for our sins because our sins separate us from God. The Bible says in

Romans 6:23, “For the wages of sin *is* death, but the gift of God *is* eternal life in Christ Jesus our Lord.”

But there is good news, and the good news is that Jesus Christ paid the ultimate price for our sins so that we could have a chance at being saved and having eternal life. Romans 5:8 says, “But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.”

But what do we need to do to inherit eternal life? The Bible says in Romans 10:9, “that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.” Romans 10:13 says, “For “whoever calls on the name of the LORD shall be saved.” John 3:16 says, “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”

Salvation is more than just a mere profession with your mouth; it is putting your faith to work in action. It is obeying God, his word, and his commandments. John 14:15 says, “If you love Me, keep My commandments.”

Chapter 2: What is repentance and how to repent

Repentance is a change of mind and turning from sin. It is deciding to go in the opposite direction away from your sins. Repentance is not just confessing your sins to God but actually forsaking them. Proverbs 28:13 says, "He who covers his sins will not prosper, but whoever confesses and forsakes *them* will have mercy." Repentance starts with acknowledging your wrong to God and confessing it to him.

Some people are afraid to come to God with their sins and mistakes. They feel bad about what they have done and think that they are too dirty for God to cleanse them. People think that the Lord is out to get them and punish them for their wrongdoings. The Lord does not condemn us. John 3:17 says, "For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. Romans 8:1 says, "*There is* therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit."

God loves us so much that he was willing to send his one and only Son to die for our sins so that those who repent and believe in his Son, Jesus Christ, can be saved and have life. John 5:24 says, "Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life."

God wants us to be willing to come to him as a little child comes to its mother or father. He wants us to ask him for forgiveness whenever we sin against him. He wants us to be real, open, and honest with Him. We can be our most vulnerable with him. He wants us to pour out our hearts to him and tell him everything we are going through in our lives.

God cares about the smallest and tiniest details of our lives. He created us for a relationship with him. He created us so that we can be in fellowship with him and so that we can have one-on-one communication with him. The Holy Spirit wants to speak to you today and give you instructions for your life and day. Part of repenting is listening to the voice of God so that we can

get guidance and instructions from him to obey and follow.

But before we can do that, we need to be willing to confess our sins to him and ask for forgiveness. We need to have our hearts cleansed and purified by his blood. I recommend that you read Psalm 51 regularly. This is a repentance prayer. Psalm 51:10 says, "Create in me a clean heart, O God, and renew a steadfast spirit within me."

The Bible says in 1 John 1:8-10, "If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us."

So if we believe that we have not sinned against God and that we are perfect, then we are sadly mistaken. None of us are perfect, and we all need to admit our mistakes and shortcomings to God. Confess your sins to him, and he will forgive you. But true repentance does not just stop there, but actually turning from your

sins, forsaking them, and letting them go. You need the help of the Holy Spirit to overcome the flesh, the devil, sin, and temptation.

You will continue to struggle with your flesh and sin if you don't ask God to help you overcome through his strength and power. Also, what helps to overcome sin is the word of God. Hebrews 4:12 says, "For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart."

Psalm 119:105 says, "Your word *is* a lamp to my feet And a light to my path." The word of God will illuminate the sins that are in your heart and life so that you can confess and repent of them. Reading God's word will help you to overcome any battle or struggle you are currently undergoing.

Chapter 3: Godly sorrow vs. worldly sorrow

There is a difference between godly and worldly sorrow. Godly sorrow is when you feel sorrow and remorse over your sins and actions after you have

committed them. Godly sorrow leads to a changed heart and lifestyle. Godly sorrow leads to repentance and then salvation. 2 Corinthians 7:10 says, "For godly sorrow produces repentance *leading* to salvation, not to be regretted; but the sorrow of the world produces death." So the sorrow of the world leads to death and destruction.

A sign of remorse and sorrow is tears. When you are sorrowful for sin, you will mourn and grieve over your sins. But the sorrow in and of itself is not repentance, but it should lead to repentance. When you are sorry for sin, you will not want to go back and do that same sin over and over again because you have a change of heart and mind. Repentance is a change of mind and a turning from sin. You are making the decision to go in the opposite direction away from sin. There may be times when you will stumble and fall, but you will not continue to make a practice of sin. If you continue to practice sin, then you will not inherit the kingdom of heaven.

When you have worldly sorrow, you will continue to make the same mistakes over and over again. You will

try to justify your sins and why it is okay to sin. You will not see a need to change or change your behavior. You will not see anything wrong with your actions. That is a dangerous state to be in. You may not have the Holy Spirit correcting and convicting you when you sin. You may not know that what you are doing is wrong unless you have the Holy Spirit and are in the word of God daily.

If you do have the Holy Spirit, you may have allowed yourself to become hardened by sin. You may have allowed your heart to become hard and callous. You may need to ask God to soften your hardness of heart and to give you a tender, responsive heart. You may need to ask God to give you a heart that is sensitive to his voice.

Ezekiel 36:26 says, "I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh."

God wants to cleanse and purify you and make you new. Ask him to help you get right with him. Ask him for his help overcoming sin, lust, and the flesh. Ask him to

take away the desire for sin and to give you his desires. Ask him to give you a desire to please him and do right by him.

He will change you and make you a born-again believer when you repent and put your faith and trust in him. Repentance is daily and even hourly. Whenever we have sinned against God and we know that we have sinned, we should confess it right away and repent. If we continue wallowing in sin, we may not be saved or born again. A true heart of repentance is one that has a change of heart and a turning away from sin. Proverbs 26:11 says, "As a dog returns to his own vomit, so a fool repeats his folly."

Chapter 4: Conviction vs. Condemnation

There is a difference between conviction and condemnation. Conviction is of the Holy Spirit. The Holy Spirit convicts us of sin. Conviction is good because that is how you know you are truly born again of the Spirit. When you are convicted of sin, you will feel guilt or sorrow over your sins. This sorrow and remorse is good because it leads us to repentance. John 16:8-9

says, "And when He has come, He will convict the world of sin, and of righteousness, and of judgment."

Condemnation, on the other hand, is from the devil. Condemnation is guilt, shame, and punishment for wrongdoing. God does not condemn his children, but he does discipline his children out of love for them. Hebrews 12:6-7 says, "For whom the LORD loves He chastens, and scourges every son whom He receives." Proverbs 3:12 says, "For whom the LORD loves he corrects, just as a father the son *in whom* he delights."

The devil condemns us when we sin against God. The devil wants to make us feel guilty and shameful for what we have done, even after we have already been forgiven. The devil wants to hold our past, sins, and mistakes against us. The devil wants to keep us in bondage to our sin and past. When we dwell on our past flaws, mistakes, and failures, we are allowing the devil to have victory over us. But when we truly repent and ask God for forgiveness, we can know that we are forgiven, and those sins are in the past.

Whenever guilt and shame creep up again, rebuke it and the enemy. We do not have to remind God of the sins of our past because he has already forgiven and forgotten them when we confess and repent of them. God says in Hebrews 10:17, "*then He adds,* "Their sins and their lawless deeds I will remember no more." Micah 7:19 says, "He will again have compassion on us, and will subdue our iniquities. You will cast all our sins into the depths of the sea."

Chapter 5: Strongholds and struggles: do you have an addiction to sin? Do you need deliverance?

There are people that struggle with addictions to sin and cannot seem to get free from them for long periods of time. The reason why these people are not getting free is because they are trying to do it without God. People will fail if they try to overcome sin and addictions without the Holy Spirit.

I know I have been there before many times. I tried to get free from certain sins without the help of the Holy Spirit. I tried to do it on my own in my own strength. That is when I needed to be honest with God and come to him and ask him to help me to overcome my

addictions and sins. He has freed me from a caffeine addiction. I was addicted to caffeine or coffee and had to have it almost every day, and now I am completely free from it. I had to ask God to deliver me and to take the desire away that I had for the sin and the addiction. And he did just that. He took the withdrawals and the desire away that I had for the coffee.

Now I have been learning to go to him instead of the coffee. The Lord was showing me that the coffee was the same as drunkenness because of the caffeine in it. The caffeine was like a drug and is. The caffeine is a mind-altering substance. It controls the way that you function and behave. There are side effects to caffeine such as anxiety, insomnia, nervousness, etc. That is why it is a mind-altering drug. When I gave up the caffeine, I started to get my strength and energy from God instead of the caffeinated beverages.

Whatever the sin or addiction is, Jesus Christ can deliver you and set you free from it. He can take the desire away that you have for the addiction. He can give you disgust or hatred for the sin or addiction if you ask him. I want to pray for you right now.

I break any sin cycles and addictions in your life in the mighty name of Jesus Christ. I break the chains that bind you in Jesus Christ's mighty name, amen. Father, take away the desire and withdrawals for the addiction and sin that the person reading this is struggling with. Help them to stay away from the sin or the people that are causing them to sin. Help them to get rid of the sin and addiction in their life. We thank you and praise you, Lord God Almighty, in Jesus Christ's mighty name, amen.

Many Christians need deliverance from sins, soul ties, and demons that may be attached to them. That is when those demons may need to be cast out so that that person can be completely free. Those demons can return again and bring more spirits with them because a person is not continuing to stay close to Christ. You have to be willing to want to get deliverance from these demons or to cast them out yourself. Every day you can pray and bind and rebuke the certain evil spirits that you struggle with, such as lust, pride, greed, etc.

John 8:36 says, "Therefore if the Son makes you free, you shall be free indeed."

2 Corinthians 3:17 says, “Now the Lord is the Spirit; and where the Spirit of the Lord *is*, there *is* liberty.”

Chapter 8: Conclusion: Thank you for supporting this business and ministry!

I just want to thank God above all for encouraging me to continue to write and publish these books on Amazon. I have published my first two or three books on Amazon Kindle. Glory to Jesus Christ! I want to thank you for reading these books and supporting this ministry and business. May the Lord bless you!

