

**Study Questions**

1. What does repentance include? (Paragraph 2).
2. There will be no change in the life until what happens? (2).
3. Describe an improper repentance. (3, 4).
4. List several people in Scripture who had a faulty repentance. (3, 4).
5. What does the sinner feel when convicted of sin? (5).
6. What characterized a genuine prayer of repentance? (6).
7. What point causes many to err? (8).
8. What does repentance precede? (8).
9. What leads us to genuine repentance? (9).
10. What leads us to the foot of the cross in repentance for our sins? (13).
11. What is seen as the light of Christ shines into our souls? (16).
12. What sins are especially offensive to God? (20).

13. How are we to come to Christ? (22).
14. What testifies to the enormity of sin? (23).
15. What excuse do some give for not doing what is right? (24).
16. What is a great danger? (25).
17. What is every act of transgression doing? (27).
18. What can neutralize all the power of the Gospel? (29).
19. How do we destroy ourselves? (30).
20. How focused should our approach be? (32).
21. When we see ourselves as we really are, what should we not do? (34).
22. How do you meet Satan's claims about your sinfulness? (35).
23. When do we best realize the sinfulness of sin? (35).

**Thought Questions**

1. How do you know if your repentance is genuine?
2. How do we know if another person's repentance is genuine?
3. What if we really don't feel sorry?
4. Is there anything you can do to help feel sorry?
5. Does repentance effect our emotions, our thinking, or both?
6. How can our past experience affect our repentance?
7. Do I have to feel sorry before God will forgive me?
8. Why does God rarely remove the results of my sin, even though I am genuinely sorry?
9. How does punishment influence repentance?
10. Should I feel sorry if my sin didn't hurt anyone else?
11. Is it possible to be sorry for one sin, and not for another?
12. Do I have to be sorry? Why can't I just want to do better next time and stay with the positive?
13. Can I feel guilty for things I shouldn't feel guilty about?
14. Are certain types of people more easily made to feel guilty?
15. Why do we make excuses for sin?
16. Why do I feel so uncomfortable when I see my sins?
17. How do I know when God is wanting me to help others be aware of their sins?
18. Why do I feel so strongly about certain sins, yet other people don't seem too concerned?
19. How can I avoid going into depression over these matters?
20. [Add your questions].

**Problem Solving**

You just ran into an old friend from college days. He was a leader and very spiritual then, but in the last ten years following graduation, he has been backsliding. He no longer attends church, because of the demands of his career and the influence of his wife. He has taken up some bad habits, and has had no contact with anyone from church for more than eight years. He said he had watched *It Is Written* just last week, and you feel that God has made this meeting a divine appointment. What do you think God would have you do?

Notes: You might work with the following information: causes, options, solutions, decisions, scriptures that apply.

**Additional Exercises**

1. Add three more items to your Appreciation List.
2. Additional Reading:  
*The Ministry of Healing*, p. 161-169  
"Helping the Tempted"  
Patriarchs and Prophets, p. 717-726  
"David's Sin and Repentance"
3. Create an outline for Chapter 3.

4. Study the difference between "self-esteem," "self-respect," and "self-worth."

**Esteem**

2T 212; FE 467; 1T 312; 2T 301; 5T 478; 5T 29, 30; TM 441;  
5T 539; SC 3.19; SC 7.22; 4BC 1140, 1178

**Respect**

5T 30; FE 281; Ed 291, 292;

**Worth**

2T 634, 305; MH 498; 162, 163; GC 477; SC 1.15

5. Describe one example of how the information learned in this chapter can help YOU in YOUR daily Christian life.
6. Find at least one opportunity to explain what you have learned to one or more persons.

**Ellen G. White Quotations**

“The first step in reconciliation to God is the conviction of sin.” (*The Great Controversy*, p. 467).

“Repentance is the first step that must be taken by all who would return to God.” (*Conflict and Courage*, p. 145).

“Whatever may have been your past experience, however discouraging your present circumstances, if you will come to Jesus just as you are, weak, helpless, and despairing, our compassionate Savior will meet you a great way off, and will throw about you His arms of love and His robe of righteousness. He presents us to the Father clothed in the white raiment of His own character.” (*Thoughts from the Mount of Blessing*, p. 9).

“We often sorrow because our evil deeds bring unpleasant consequences to ourselves; but this is not repentance. Real sorrow for sin is the result of the working of the Holy Spirit. The Spirit reveals the ingratitude of the heart that has slighted and grieved the Savior, and brings us in contrition to the foot of the cross. By every sin Jesus is wounded afresh; and as we look upon Him whom we have pierced, we mourn for the sins that have brought anguish upon Him. Such mourning will lead to the renunciation of sin.” (*The Desire of Ages*, p. 300).

“As soon as we consent to give sin up, to acknowledge our guilt, the barrier is removed between the soul and the Saviour.” (*Selected Messages*, book 1, p. 325).

“Repentance is no less the gift of God than are pardon and justification, and it cannot be experienced except as it is given to the soul by Christ. If we are drawn to Christ, it is through His power and virtue.” (*Selected Messages*, book 1, p. 391).

“Through an appreciation of the character of Christ, through communion with God, sin will become hateful to us.” (*The Desire of Ages*, p. 668).

“Through affliction God reveals to us the plague spots in our characters, that by His grace we may overcome our faults. Unknown chapters in regard to ourselves are opened to us, and the test comes, whether we will accept the reproof and the counsel of God. . . . We should not rebel, or worry ourselves out of the hand of Christ. We are to humble the soul before God.” (*The Desire of Ages*, p. 301).

“Only He who reads the heart knows how to bring men to repentance. Only His wisdom can give us success in reaching the lost. You may stand up stiffly, feeling, ‘I am holier than thou,’ and it matters not how correct your reasoning or how true your words; they will never touch the hearts. The love of Christ, manifested in word and act, will win its way to the soul, when the reiteration of precept or argument would accomplish nothing.” (*The Ministry of Healing*, pp. 163, 164).

“Repentance comes from Christ as truly as does pardon.” (*The Desire of Ages*, p. 175).

“We do not repent in order that God may love us, but He reveals to us His love in order that we may repent.” (*Christ’s Object Lessons*, p. 189).

“The true object of reproof is gained only when the wrong-doer himself is led to see his fault and his will is enlisted for its correction. When this is accomplished, point him to the source of pardon and power. Seek to preserve his self-respect and to inspire him with courage and hope.” (*Education*, pp. 291, 292).

“Satan is determined that men shall not see the love of God which led Him to give His only-begotten Son to save a lost race, for it is the goodness of God that leads men to repentance” (*Selected Messages*, book 1, p. 156).

“No repentance is genuine that does not work reformation.” (*The Desire of Ages*, p. 555).

“Without the law, men have no just conception of the purity and holiness of God or of their own guilt and uncleanness. They have no true conviction of sin and feel no need of repentance. Not seeing their lost condition as violators of God’s law, they do not realize their need of the atoning blood of Christ. The hope of salvation is accepted without a radical change of heart or reformation of life. Thus superficial conversions abound, and multitudes are joined to the church who have never been united to Christ.” (*The Great Controversy*, p. 468).

“It is natural for us to think more highly of ourselves than we ought to think; but although it is painful for us to know ourselves as we really are, yet we should pray that God will reveal us to ourselves, even as He sees us.” (*Selected Messages*, vol. 1, p. 312).

“Most pitiable is the condition of him who is suffering under remorse; he is as one stunned, staggering, sinking into the dust. He can see nothing clearly. The mind is beclouded, he knows not what steps to take. Many a poor soul is misunderstood, unappreciated, full of distress and agony—a lost, straying sheep. He cannot find God, yet he has an intense longing for pardon and peace.” (*The Ministry of Healing*, p. 168).

“To men whom God designs shall fill responsible positions, He in mercy reveals their hidden defects, that they may look within and examine critically the complicated emotions and exercises of their own hearts, and detect that which is wrong; thus they may modify their dispositions and refine their manners. The Lord in His providence brings men where He can test their moral powers and reveal their motives of action, that they may improve what is right in themselves and put away that which is wrong. God would have His servants become acquainted with the moral machinery of their own hearts.” (*Testimonies for the Church*, vol. 4, p. 85).

## QUIZ - 3

Circle T for True or F for False according to the reference:

1. T F Forgiveness precedes repentance. (SC 3.8).
2. T F Repentance includes sorrow for sin and turning away from it. (SC 3.2).
3. T F You meet Satan's claims that you are a great sinner by talking about Christ's merits. (SC 3.35).
4. T F The sinner should wait until he has repented before coming to Jesus. (SC 3.8).
5. T F We destroy ourselves by rejecting God's love. (SC 3.30).

Use one or more words to answer the question.

6. What can neutralize all the power of the Gospel? (SC 3.29).  
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7. What leads the sinner to repentance? (Romans 2:4).  
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8. How are we to come to Christ? (SC 3.22).  
\_\_\_\_\_
9. What sins are especially offensive to God? (SC 3.20).  
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10. List one thing we see when the light of Christ shines into our souls. (SC 3.16).  
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Circle the letter of the best answer according to the reference.

11. What excuse do some give for not becoming Christians? (SC 3.24).
  - A. They don't have the finances.
  - B. They don't understand prophecy.
  - C. They are too old.
  - D. They are as good as the Christians.
12. Who of the following had a genuine repentance? (Psalm 51).
  - A. Judas Iscariot
  - B. Esau
  - C. David
  - D. Balaam
13. What should the sinner feel when convicted of sin? (SC 3.5).
  - A. Afraid of appearing guilty before God.
  - B. Afraid to change.
  - C. Afraid of what others might say.
  - D. Afraid to suffer the results of sin.
14. What should you NOT do, as you see yourself as you really are, and the enormity of your sin? (SC 3.34).
  - A. Repent.
  - B. Look to the merits of Jesus.
  - C. Give up to despair.
  - D. Begin reformation.
15. Complete the following quotation:  
 " ... a \_\_\_\_\_ of the \_\_\_\_\_ of \_\_\_\_\_ will lead him to the foot of the cross in \_\_\_\_\_ for his sins, which have caused the sufferings of God's dear son." (SC 3.13).