

# REPENTANCE

## JOURNALING PROMPTS

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Talk to God for a few minutes. Ask Him what you need to repent of, and talk to Him in detail about your sin.

- What sin(s) am I currently struggling with?
- How is this sin impacting my daily and weekly life?
- Why do I struggle with this sin?
- Look up a verse to read over often that will help you in your journey of repentance with this specific sin.
- Take a few minutes to write or speak out loud to God, genuinely asking Him to forgive you of this sin. Ask Him for the strength to turn away from your struggles.
- What practical steps do I need to take to block me from committing this sin. (Guard your heart.)

Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?

Matthew 16:24-26