

The Practice of Gospel Repentance

Taken from Dr. Timothy Keller's "All of Life is Repentance"

Seek to meet Jesus as you bring to him your confession and receive his forgiveness. Use these questions to help guide your time. Do not be in a hurry. Some evenings you will only get through one or two of the questions.

1. Deep humility (vs. pride)

Have I looked down on anyone? Have I been too sensitive to criticism? Have I felt snubbed and ignored?

Repent like this: Consider the free grace of Jesus until I sense: a) decreasing disdain for others (since I am a sinner too); b) a decreasing pain over criticism (since I should not value human approval over God's love). In light of his grace I can let go of the need to keep up a good image — it is too great a burden and now unnecessary. Consider free grace until I experience grateful, restful joy.

2. Love (vs. indifference)

Have I spoken or thought unkindly of anyone? Am I justifying myself by diminishing (in my mind) someone else? Have I been impatient and irritable? Have I been self-absorbed, indifferent and inattentive to people?

Repent like this: Consider the free grace of Jesus until there is: a) no coldness or unkindness (think of the sacrificial love of Christ); b) no impatience, and c) no indifference. Consider his free grace until I show warmth and affection. Remember: God is infinitely patient and attentive to me, out of his immeasurable grace..

3. Courage (vs. anxiety)

Have I avoided people or tasks that I know I should face? Have I been anxious and worried? Have I failed to be prudent or have I been rash and impulsive?

Repent like this: Consider the free grace of Jesus until there is: a) no cowardly avoidance of hard things (since Jesus faced evil for me); b) no anxious or rash behavior (since Jesus' death proves God cares and will watch over me). It is prideful to be anxious — I am not wise enough to know how my life should go. Consider free grace until I experience calm thoughtfulness and strategic boldness.

4. Godly Motivations

Am I doing what I am doing for God's glory and the good of others or am I driven by fear, need for approval, love of comfort and ease, need for control, or hunger for status and power?" Am I looking at anyone with envy? Am I giving in to lust or gluttony? Am I spending my time on important things or lesser things to avoid pain?

Repent like this: Consider how Jesus provides for me love, purpose, value and acceptance. Pray: "O Lord Jesus, make me happy enough in you to avoid sin and wise enough in you to avoid foolishness, that I may always do what is right in your sight, in your name I pray, Amen."