

Program: SS Panel 2026 2 Q

Quarterly title: Growing in a Relationship With God

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Lesson Title: #10 Repentance and Forgiveness

Day Title: Tuesday - Real Repentance

For Lesson Dates: May 30-June 5, 2026

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Note: This color and font = quarterly text

Note: This color and font = John Dinzey notes

First and Last Name 2026 Q2 L# Title of your days lesson

John Dinzey 2026 Q2 L10 Real Repentance

]]> Emphasize this

Question:

>[=] Story:

REF:>>

READ

NIL: Not in Lesson

Lesson 10

*May 30–June 5

Repentance *and* Forgiveness

SABBATH AFTERNOON

Read for This Week's Study: *Isa. 61:10; Hosea 6; Acts 3:18, 19; Exod. 34:1–10; Rom. 6:23; Matt. 22:1–14.*

Memory Text: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9, NKJV).

TUESDAY

June 2

Real Repentance

>> In Tuesday's portion of the lesson, we actually have a continuation of Monday's lesson.

John the Baptist said repent

Matthew 3:1-2 1 In those days John the Baptist came preaching in the wilderness of Judea,

2 and saying, "Repent, for the kingdom of heaven is at hand!"

Jesus said repent

Mark 1:14-15 14 Now after John was put in prison, Jesus came to Galilee, preaching the gospel of the kingdom of God,

15 and saying, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel."

Jesus instructed the disciples — repent

REF:>> Mark 6:7-11 Jesus instructed the disciples that they should go out and preach in the cities that he had been in, after receiving their instruction, this is what happened:

the disciples — repent

Mark 6:12 So they went out and preached that *people* should repent. Paul when he preached:

After Pentecost Peter said repent

Acts 3:19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

Jesus sent out the twelve disciples

times of this ignorance God winked at

Act 17:30 And the times of this ignorance God winked at; but now commandeth all men every where to repent:

Question: Why so much emphasis on repentance?

Acts 17:31 because He has appointed a day on which He will judge the world in righteousness by the Man whom He has ordained. He has given assurance of this to all by raising Him from the dead.”

The secular world bombards us with messages of independence, indulgence, and self-promotion—the opposite of God’s invitation to servanthood and meekness (Matt. 5:5). Interestingly, the first words recorded in the Bible by John and Baptist and Jesus were similar. John said,
 “ ‘Repent, for the kingdom of heaven is at hand!’ ” (Matt. 3:1, 2, NKJV). Jesus said,
 “ ‘The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel’ ” (Mark 1:14, 15, NKJV; see also Luke 24:46, 47). Both Jesus and John called those listening to repentance because the kingdom of heaven was near. Could it be that this same message is equally as relevant to us today?

Question: What is real repentance?

repentance: **G3341** (Mounce) **μετάνοια metanoia**
 22x: **a change of mode of thought and feeling, repentance**, Mat 3:8; Act 20:21; 2Ti 2:25; **practical reformation**, Luk 15:7; **reversal of the past**, Heb 12:17.

G3341 (Strong) **μετάνοια metanoia met-an'-oy-ah**

From **G3340**; (subjectively) *compunction* (for guilt, including *reformation*); by implication *reversal* (of [another’s] decision): - repentance.

*****READ***???**

Repentance includes sorrow for sin and a turning away from it. We shall not renounce sin unless we see its sinfulness; until we turn away from it in heart, there will be no real change in the life. SC 23.2

fruits meet for repentance:

Mat 3:7 But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come?

Mat 3:8 Bring forth therefore fruits (worthy) meet for repentance:

>> In short fruits meet for repentance means you live in harmony with God's requirements.

*****READ*****

There are many who fail to understand the true nature of repentance. Multitudes sorrow that they have sinned and even make an outward reformation because they fear that their wrongdoing will bring suffering upon themselves. But this is not repentance in the Bible sense. **They lament the suffering rather than the sin.** Such was the grief of Esau when he saw that the birthright was lost to him forever. Balaam, terrified by the angel standing in his pathway with drawn sword, acknowledged his guilt lest he should lose his life; but there was no genuine repentance for sin, no conversion of purpose, no abhorrence of evil. SC 23.3

Read Acts 3:18, 19. Why is repentance so important in the process of spiritual growth? What is a time of "refreshing"?

Acts 3:18 18 But those things which God foretold by the mouth of all His prophets, that the Christ would suffer, He has thus fulfilled.

19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,

times of refreshing*****READ*****

The great work of the gospel is not to close with less manifestation of the power of God than marked its opening. The prophecies which were fulfilled in the outpouring of the former rain at the opening of the gospel are again to be fulfilled in the latter rain at its close. Here are "the times of refreshing" to which the apostle Peter looked forward when he said: "Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord; and He shall send Jesus." Acts 3:19, 20 GC 611.3

*****READ*****

The kindness and goodness of God leads us to repentance (*Rom. 2:4*). Repentance involves two steps: (1) sincere pain for our sins; and (2) the honest decision to abandon sin. In the Bible, repentance is almost always connected to forgiveness. We genuinely repent; God forgives. It's that simple (*1 John 1:9, Rev. 3:19*). "The Lord is not slack concerning His promise, as some count slackness, but is longsuffering toward us, not willing that any should perish but that all should come to repentance" (*2 Pet. 3:9, NKJV*). As we personally prepare our souls for the Second Coming, God is giving us time to make things right with Him.

Jesus suffered, died, and rose so that when we repent, His grace can work a miracle in our lives. Contrary to the world, which tells us we are fine just the way we are, God asks that we turn to Him in repentance and faith (*Acts 20:21*), placing ourselves fully in His hands so that He can prune and beautifully shape our characters into His likeness, to testify of Him (*John 15:2, 8*). We then grow and produce fruit in keeping with repentance (*Matt. 3:8*).

READ

"No repentance is genuine that does not work reformation. The righteousness of Christ is not a cloak to cover unconfessed and unforsaken sin; it is a principle of life that transforms the character and controls the conduct."—Ellen G. White, *The Desire of Ages*, pp. 555, 556.

godly sorrow produces repentance

2 Corinthians 7:8 For even if I made you sorry with my letter, I do not regret it; though I did regret it. For I perceive that the same epistle made you sorry, though only for a while.

9 Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing.

10 For godly sorrow produces repentance *leading* to salvation, not to be regretted; but the sorrow of the world produces death.

2 Corinthians 7:11 For observe this very thing, that you sorrowed in a godly manner: What diligence it produced in you, *what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication!* In all *things* you proved yourselves to be clear in this matter.

his own guilt and uncleanness, before the Searcher of hearts. He sees the love of God, the beauty of holiness, the joy of purity; he longs to be cleansed and to be restored to communion with Heaven. SC 24.2

The prayer of David after his fall, illustrates the nature of true sorrow for sin. His repentance was sincere and deep. There was no effort to palliate his guilt; no desire to escape the judgment threatened, inspired his prayer. David saw the enormity of his transgression; he saw the defilement of his soul; he loathed his sin. It was not for pardon only that he prayed, but for purity of heart. He longed for the joy of holiness—to be restored to harmony and communion with God. This was the language of his soul: SC 24.3

Every act of transgression, every neglect or rejection of the grace of Christ, is reacting upon yourself; it is hardening the heart, depraving the will, benumbing the understanding, and not only making you less inclined to yield, but less capable of yielding, to the tender pleading of God's Holy Spirit. SC 33.2