

## Mind Changing Results

### Introduction

In this segment of My Thoughts, I will be discussing the word “**repentance**.” In the New Testament, the Greek word for repentance is *metanoia*, which means “a change of mind.” *Meta* means “change” and *noia* refers to your mind.

2 Peter 3:9 says, “**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.**”

### The Religious View on Repentance

The religious view on repentance has the idea that repentance means groveling and condemning yourself until you feel you have sufficiently earned God’s forgiveness. I have two questions on this view:

- How condemned and sorrowful do you need to be before you have genuinely repented?
- After you have repented, should you fail again in the same area, does it mean that you did not really repent completely the first time?

I do not doubt the sincerity of people who believe in repentance in this way. However, you can be sincere in your intent, but still be wrong when believing repentance is not based on the right believing that leads to an inward heart transformation. It is possible to beat your breast sorrowfully, put on sackcloth and ashes, cry your eyeballs out, and remain unchanged. Sorrow doesn’t equal transformation.

### The Biblical Truth of Repentance

The biblical truth of repentance is the right belief that brings about true repentance and hence genuine transformation. It is impossible to truly repent, to experience Jesus, His love, His grace, and His power, to allow Him to change your mind and belief, and still remain the same and repeat the thing you repented for. If so, then true repentance was not achieved.

Can you see how manmade-centered teachings on remorse and repentance can sound good, but in reality, it traps people in a permanent cycle of defeat and hypocrisy. The truth is, if you are a new creation in Christ, you already hate the sin. It irritates your soul, and you are looking for a way out of your bondage.

The repentance or change of mind you need is to know that God has already forgiven you. Stop condemning yourself and walk in His righteous identity to new levels of victory over sin. Then you will change your behavior, forever!

## Conclusion

Now that you understand what biblical repentance is, apply it to winning the battle for your mind. When wrong thoughts come into your head, the repentance or change of mind that you need is to know that those thoughts don't belong to you. Repentance in this situation is not about beating yourself up over those thoughts. I used to do that, and it only left me more oppressed and defeated.

Give those thoughts no room to flourish by ignoring them while you continue to be established and secure in your identity in Christ. Rebuke those thoughts in the mighty name of Jesus. Philippians 4:8, **“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is anything praiseworthy—meditate on these things.”** Fill your mind with His thoughts, His living Word, His peace, His joy, and His love, Amen!

**I am Dale Van De Bogart and I approve of this message!**

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