

The Fruit of Repentance

The Overflow of Alignment

"True repentance is reflected in the temple we keep and the choices we make daily."

Phase 1: Godly Sorrow (The Internal Turn)

☐ The Motive Audit (Sorrow vs. Regret)

Is my sorrow "worldly" (sorry for the consequences) or "godly" (sorry for violating God's heart)? True repentance leads to salvation and leaves no regret.

☐ The Willingness Test

Am I ready to abandon a self-directed life? Identify one area where you are currently holding the "keys" and formally submit it to God's loving authority.

Phase 2: The Zacchaeus Factor (The External Turn)

☐ Stopping the Action (Removing the Thorn)

Repentance means ceasing. Identify the tangible behavior that must stop today—whether it be greed, slander, or selfishness—and renounce it out loud.

☐ The Restitution Plan (Making it Right)

Like Zacchaeus, who will you repay? True fruit involves making amends to those harmed. Design a concrete step to restore what was broken or stolen.

Phase 3: Fresh Refreshing (The Harvest)

☐ Cultivate the New Fruit (Replacement)

Replace the old sinful tendency with a Fruit of the Spirit. If you turned from greed, practice radical generosity, if turned from anger, practice gentleness.

☐ The Refreshing Check

Accept that your sins are "wiped out." Do not carry the weight of yesterday. Walk in the "times of refreshing" that come from being fully aligned with the Father, and have gratitude for him and everything.

You are a Vessel of Light

"May I be perfectly tuned to the creator to make me whole and heal my soul."

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