The Greek word for "Repentance" is "metanoia". The full biblical definition of "metanoia" is "a change of mind that results in a change of action".

For an unbeliever it would mean to hear the Gospel, and to change one's mind about Jesus and about one's sinful condition, causing the person to turn from sin and the world, to have faith in Jesus Christ as one's Saviour and Lord.

For a Christian, repentance would be to recognize a sin that one has committed, to change one's mind and acknowledge it to God, turn away from it and then to change one's lifestyle and/or actions.

This "change of mind" can only happen when the Holy Spirit and the Word of God convict our hearts and show us where we have missed the mark.

I have missed the mark and have failed many many times, but each time the Holy Spirit has dealt with my heart and convicted me. Each time the Lord has raised me up again.

There is a huge difference between the Holy Spirit's "conviction" and Satan's "condemnation". Satan is a liar, and his condemnation always puts you down and tells you that you no longer are worthy of the Father's love. Conviction on the other hand, always points to the Blood of Jesus and it's cleansing power as the answer to all our human frailties.

Just think of this - We as God's children have everything working FOR us, even when we stumble or fail

- -We have our Jesus our Saviour at the right hand of the Father interceding for us.
- -We have the Blood of Jesus speaking for us from the altar before the throne of God.
- -We have the Holy Ghost drawing us close to the Father, to the place of repentance, followed by a deep assurance of our place in Christ.

Our human faults can no longer kill our faith, boldness or confidence in Him!

"For a righteous man falls seven times, and rises again"

-Prov 24:16

"But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

If we say that we have no sin, we deceive ourselves, and the truth is not in us.

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness". -1 Jn 1: 7-9

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