



# THE MESSAGE OF JESUS

## **On Repentance**

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Matthew 4:17, Mark 1:14-15

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### **Matthew 4:17**

From that time on Jesus began to preach, “Repent, for the kingdom of heaven has come near.”

### **Mark 1:14-15**

After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. “The time has come,” he said. “The kingdom of God has come near. Repent and believe the good news!”

When was the last time you changed your mind?

### **Matthew 4:17**

“Repent, for the kingdom of heaven has come near.”

## **Mark 1:15**

“The kingdom of God has come near. Repent and believe the good news!”

Repent (metanoia): “to change one’s mind” or “to alter one’s understanding”

“Turn your lives around, because here comes the kingdom of the heavens!”

- Frederick Dale Bruner

“[Jesus] was telling his hearers to give up their agendas and to trust him for his way of ...bringing the kingdom, his kingdom-agenda.”

- NT Wright

“In Matthew’s account of Jesus’ deeds and words, the formulation repeatedly used is the well-known ‘Repent, for the kingdom of the heavens is at hand’ (3:2; 4:17; 10:7). This is a call for us to reconsider how we have been approaching our life, in light of the fact that we now, in the presence of Jesus, have the option of living within the surrounding movements of God’s eternal purposes, of taking our life into his life.”

- Dallas Willard

“Repent, for life in God is now one of your options.”

“When Jesus said, ‘Repent,’ to his first disciples, he was calling them to change the direction in which they were looking for happiness. ‘Repent’ is an invitation to grow up and become a fully mature human being who integrates the biological needs with the rational level of consciousness. The rational level of consciousness is the door that swings into higher states—the intuitive and the unitive levels of consciousness. They open us to the experience of God's presence, which restores the sense of happiness. We can then take possession of everything that was good...while leaving the distortions behind.”

- Thomas Keating

Sin is “missing the mark.” The “mark” being doing the right thing at the right time, with the right motivation, while living in right relationship with God and others.

“Sin turns us away from our true source of life and toward the false promises of life found in ourselves and the culture around us. We look for life in all the wrong places.”

- Mary VandenBerg

Guilt is a feeling that results from behaving badly or in some flawed way.

Two distortions of guilt:

A person who is guilty but does not feel guilty

A person who feels guilty but is not guilty

Guilt focuses on the offense; shame focuses on the offender.

We feel guilty for what we do, we feel shame for what we are.

“Shame is an intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging.”

- Brene Brown

“The human awareness that one is deeply flawed and the feeling or emotion that because of her flaws, she cannot receive love and acceptance by God and others. While it is objectively true that humans are deeply flawed and this awareness is an important part of proper self-knowledge, it is the emotion of feeling unworthy of acceptance or love that really qualifies as shame.”

- Mary VandenBerg