



PRAYER

Heavenly Father, we thank You for the gift of repentance and forgiveness. We are grateful that through Jesus, we can turn away from our old ways and step into the new life You have for us. Help us understand the depth of Your grace and the power of baptism as a sign of our commitment to You. Speak to us, and let our hearts be open to Your truth. In Jesus' name, Amen.

OPENING QUESTION
(OPTIONAL)

Can you think of a movie, sports team, or fictional character who had a huge turnaround? What happened, and what was the key to their transformation?



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WORD

*“What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin.

Now if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. For the death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. For sin will have no dominion over you, since you are not under law but under grace.”

Romans 6:1-14 (ESV)

DISCUSSION QUESTIONS

- 1 What does repentance look like in your daily life? How do you know when you need to repent?
- 2 Romans 6 talks about being “dead to sin but alive to God.” What does this mean practically in your life?
- 3 Some people delay baptism because they feel they aren’t “good enough” yet. What does this passage teach us about that mindset?
- 4 If repentance is a lifestyle, what specific steps can you take this week to live a life that reflects true repentance?

REFLECTION

Repentance is more than just saying “sorry” to God; it’s a complete change in direction. The Greek word *metanoia* means “a change of mind.” It’s about turning away from sin and turning toward Jesus. As N.T. Wright puts it, “Repentance is not just feeling bad about past sins but stepping into the new life that God has prepared for us.” Paul reminds us in Romans 6 that through baptism, we are symbolically buried with Christ and raised to walk in a new way of living.

In 2025, with so many distractions and competing worldviews, true repentance requires intentionality. It’s easy to acknowledge sin but harder to change our habits. Tim Keller explains, “To ‘repent’ means to recognise that you’ve been running after the wrong things and to shift your entire trust onto Jesus.” This shift is not just about our behaviour but about our hearts.

Baptism is the outward expression of this inward transformation. It’s a public declaration that we belong to Christ. We should, like the early church, take baptism seriously, often treating it as the defining moment of conversion. John Stott wrote, “Baptism does not save us, but it is the visible sign of the saving work of Christ in us.” If we have truly repented and believe in Jesus, baptism is the next step—it publicly affirms our faith and our commitment to live under His lordship.

So, how do we walk this out daily? Repentance is not a one-time event; it’s a lifestyle. It means consistently evaluating our hearts, turning away from sin, and fixing our eyes on Jesus. It means embracing grace but not using it as an excuse to stay the same. And for those who haven’t been baptised yet, it’s worth asking: What is holding you back? If we truly believe in Jesus, then baptism is not an optional extra—it’s an act of obedience that deepens our commitment to Him.

Closing Prayer

Lord Jesus, we acknowledge that without You, we are lost in sin. But through Your sacrifice, we have been given new life. Tonight, we repent—we turn away from anything that keeps us from fully following You. We say yes to You, to Your grace, and to the new life You offer. For those who have not yet been baptised, give them courage to take that step of obedience. And for all of us, help us to live each day as those who have been raised with Christ, walking in righteousness and grace. We surrender to You, Jesus, as our Lord and Saviour. In Your name, Amen.