

## EMERGING FROM THE STORM:

### *Week Two—Repent*

#### **DAY ONE**

Ask the Lord to lead you in his word and to give you the courage to confront sin in your life this week: to turn from it, and to turn to the Lord.

Read Zechariah 1:1-6 and, if you took notes during Sunday's message, review your sermon notes.

What stands out to you? How are you being impacted by the text and/or message from Sunday?

In this text, the prophet Zechariah reminds the people returning from exile of the sins of their parents. Those sins resulted in the exile to Babylon! This draws our attention to “generational sins,” a phrase I am using to refer to patterns of thinking, behaving, or even relating to others that we have “inherited” or learned from our parents, grandparents, or other guardians and mentors.

Many of us had wise, loving, godly parents or mentors! We ought to give thanks to God for such examples of Jesus in our lives!

Even so, we have all likely picked up or “inherited” from them some ways of thinking, behaving, or relating from which we need to turn away, from which we need to repent.

Think through the people who have shaped you growing up. What “generational sins” have you inherited? What ways of thinking, behaving, or relating do you need to confess to the Lord and turn away from?

Conclude your time today by confessing those things to the Lord and asking him for the courage, power, and faith to turn away from them and to turn more fully to the Lord.

## **DAY TWO**

As you begin today, ask the Lord to give you a spirit of gentleness as you examine your heart and life today.

Read Jeremiah 17:5-13.

What stands out to you? How are you impacted by the text?

Ask the Lord to search your heart and test your mind, revealing to you those places in your heart and life where you have been turning away from him. Then, read the passage again slowly, taking time to confess to the Lord the sins that he reveals to you.

Read Jeremiah 17:14-18 as a prayer to the Lord to conclude your time today.

## **DAY THREE**

Pray and ask the Lord to continue to give you courage and repentance!

Read Nehemiah chapter nine.

What stands out to you in this text? What's impacting you in it?

In Nehemiah 9, the people of God have returned from exile and are rebuilding their city and their lives. As they begin the process of rebuilding, they stop to confess their sins together corporately: they confess their sins as a people! This gives us a model of confessing on behalf of our church, of the Church nation- or world-wide, and—though we are not Israel—it also gives us a pattern for confessing the sins of our nation.

Ask the Lord to give you a prayer of repentance for our church, and spend time confessing and praying for us as a local congregation.

Then, ask the Lord to give you a prayer of repentance for the nation- and world-wide Church of Jesus. Spend time confessing and praying for the nation-wide and world-wide Church.

Finally, ask the Lord to give you a prayer of repentance for our nation, and spend time confessing and praying for our nation.

#### **DAY FOUR**

Today, we will spend our time reveling in God's mercy and forgiveness! Ask the Lord to lead you in this time by his Holy Spirit, and then read Psalm 103.

How did you experience this chapter? What impacted you in the text?

Slowly and prayerfully re-read the psalm, sitting in and enjoying the forgiveness of the Lord. Then use the space below to respond to God (you could write out a prayer, draw a picture, write a poem or song, or something else entirely!).

## **DAY FIVE**

Use today to catch up if you missed one of the days this week.

If you are caught up, use your time today to read and meditate on James chapter one. Then spend some time reviewing your week of reflection, and respond to the Lord from what you have been experiencing this week.