

Steps to Repentance and Renewal

Behavior

(Actions & Fruit)

*"Just as you can identify a tree by its fruit,
so you can identify people by their actions."*

Matthew 7:20

Thoughts & Frame of Mind

(Put on Your New Nature)

*"Throw off your old sinful nature and your former way of life,
which is corrupted by lust and deception.*

Instead, let the Spirit renew your thoughts and attitudes.

*Put on your new nature, created to be like God -
truly righteous and holy."*

Ephesians 4:22-23

Relating to

(God, Self, and Others)

*"Jesus replied, 'You must love the LORD your God
with all your heart, all your soul, and all your mind.*

This is the first and greatest commandment.

A second is equally important.

Love your neighbor as yourself."

Matthew 22:37-39

Automatic Thoughts & Feelings

(Events & Triggers)

"Search me, O God, and know my heart;

test me and know my anxious thoughts.

*Point out anything in me that offends you,
and lead me along the path of everlasting life."*

Psalms 139:23-24