



Habit 3

Key Scripture



*For freedom Christ set us free;
so stand firm and do not submit
again to the yoke of slavery.*

- Galatians 5:1



R.EPENT & Believe

Have you ever driven through a construction zone? You're trying to get on your way, but the traffic, the person holding the "slow down" sign, the cones and equipment make it difficult. Sin and grace work like this too. God is trying to shower us in His grace on a wide-open highway, but our sins and hurts put up road blocks and barriers.

The idea of repentance can feel scary and full of shame, as if God is towering above us shaking His finger at us in disappointment. But really, God wants us to clear out the road blocks so He can pave a smooth road for His love, mercy, and grace to flow through us quickly and easily. To do that, we have to bring these things to light and believe in His ability to make us whole.

The sacrament of reconciliation is one of the most important ways we do this. By confessing our sins and receiving God's healing mercy, we clear away barriers and open our hearts to God's highway of grace. The deeper work of understanding our sins is also an essential part of our daily life of prayer.

Habit 3



REPENT & Believe



Rejecting Satan's Lies and Embracing God's Truth

Our sins are often the result of deep hurts in our lives that have caused us to believe lies about ourselves and others. For example, being bullied as a child might lead a person to believe they are worthless, which, in turn, might lead them to the sins of judgment and criticism of others to feel better about themselves. These wounds and lies are the roots that bear the fruits of sin in our lives. In order to change our sinful tendencies, we must confront the lies and wounds that nourish them and bring them to God for healing.

1. Prayerfully examine your conscience. (Scan the QR code for sample examinations under Habit 3.) What sins do you need to repent and bring to the sacrament of reconciliation? (Example: extreme criticism of others)
2. What is the root cause of that sin? Is there a hurt in your past that leads you to that sin? Or a lie you are believing about yourself or God?
3. Ask God to tell you His truth about that wound or lie. Sit in silence and listen to Him for a moment. Give Him permission to come into your heart and heal the wounds.
4. Reject the lie and embrace the truth: "In the name of Jesus, I reject the lie that _____ and I embrace the truth that _____."

Example: In the name of Jesus, I reject the lie that I am worthless and I embrace the truth that I am worth everything to God, even the life of His Son. God would not die for someone of no worth.