

# Spirit-Controlled Living vs. Sin-Controlled Living

# Five Steps in the Process of Repentance

## SPIRIT-FILLED MIND

Forgiveness	Humility
Hope	Thankful
Appreciation	Confidence
Willingness	Wisdom
Impartiality	Faithful
Self-Control	Gratitude
Merciful	

## SPIRIT-FILLED EMOTIONS

Love	Long-Suffering
Peace	Kindly Spirit
Gentle Spirit	Patience
Gladness	Compassionate
Joy	

## SPIRIT-FILLED MOUTH

Truthful	Praise
Thankful	Timeliness
Gentle Answer	Soothing Tongue
Encouraging	Pleasant Words
Tactful	

## SPIRIT-FILLED BEHAVIOR

Kindness	Gentleness
Righteousness	Self-Control
Obedience	Cooperation
Goodness	Sincerity
Courage	Servant
Endurance	Submissive
Considerate	Impartial

## SINS OF THE MIND

Unforgiveness	Pride
Evil Thoughts	Ingratitude
Covetousness	Selfish Ambition
Greed	Deceitfulness
Lust	Heartless
Arrogance	Faithless
Senseless	High and Mighty
Despiteful	

## SINFUL EMOTIONS

Hate	Anger
Rebellion	Unloving Attitude
Bitterness	Jealousy
Envy	Malice
Bad Temper	Rage

## SINS OF THE MOUTH

Lying	Slandering
Complaining	Disputing
Yelling	Disrespect
Boasting	Quarreling
Gossip	Blasphemy

## SINS OF BEHAVIOR

Sexual Immorality	Brutality
Adultery	No Self-Control
Drunkenness	Stealing
Murder	Violence
Insulting	Brawling
Ruthless	Favoritism
Divisive	Wickedness
Disobedience to Parents	

## STEP 1 – I CONFESS “I AM WRONG. I HAVE SINNED.”

*I need to understand I am wrong because I sinned against God's standard.*  
John 3:19-21

## STEP 2 – I SAY TO GOD, “I AM SORRY. I HAVE SINNED.”

*You must have a godly sorrow that leads to repentance.*  
2 Corinthians 7:9-11

## STEP 3 – I ASK, “GOD, FORGIVE ME OF MY SINS.”

*Claim 1 John 1:9. Jesus died for our sins to make the free gift of forgiveness available to us. Just receive it.*

## STEP 4 – I ASK “GOD, CLEANSE ME OF MY SINS.”

*Don't just try to do penance like crying, getting depressed, or hurting yourself.*  
1 John 1:7

## STEP 5 – I ASK “GOD, EMPOWER ME.”

*Don't just try to be self-disciplined and act like a Christian should act as that is the counterfeit appearance of God's cure. Ask Him to replace your sin with the fruit of the Spirit: Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, and self-control.*  
Galatians 5:22-23

**If you have never prayed to receive Christ as your Savior and surrendered yourself to Him as Lord for eternal and abundant life — Do it TODAY!**