

BECOME *Disciples*

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WALKING IN TRUTH

A Gentle Self-Reflection for New Believers

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Why This Reflection Matters

When God reveals His love, our first response is to come back to Him. This is what repentance means: agreeing with God about our lives, our hearts, and our past, so we can walk in His love and truth.

Christianity is the response of loved people loving God back.

This reflection is not a test you pass or fail. It is a gentle invitation to walk honestly with God. The questions below follow the natural shape of repentance, not as a checklist, but as a path the Holy Spirit can lead you through at His own pace.

“See how very much our Father loves us, for He calls us His children, and that is what we are.”
1 John 3:1 (NLT)

How to Use This Reflection

- Begin with prayer. Ask the Holy Spirit to guide you.
- Take your time. There is no rush.
- Be honest, but gentle with yourself.
- Speak with a trusted disciple maker if anything feels heavy.
- Remember: what God reveals, He also gives grace to change.

Important: this reflection is between you and God first. You are not required to share your answers with anyone. If you choose to share, share only with a trusted leader.

1. Seeing Your Life As God Sees It

Truth begins with seeing rightly. We often judge ourselves by what others see, or by whether we got caught. God invites us to see deeper. Repentance begins when we stop seeing sin lightly and start seeing it rightly.

Ask yourself:

- When I do something wrong, what bothers me more: that someone might find out, or that God sees it?
- Are there sins I excuse because they feel small, private, or harmless?
- Do I judge my actions mostly by their consequences, or by God’s heart?
- Am I willing to let God show me what I cannot yet see in myself?

Pray: Father, help me see my life as You see it. Show me what You want to heal.

2. Sorrow That Leads to Life

Not every sadness over sin is the same. Some sorrow pushes us further into guilt and shame. Godly sorrow draws us back to God.

Ask yourself:

- When I sin, am I sorry because I was caught, or because I have grieved God's heart?
- Does my sorrow lead me toward God, or push me away from Him?
- Am I willing to feel sorrow over sin without falling into self-hatred or despair?
- Does my regret fade as soon as the pressure lifts, or does it lead me to lasting change?

"Godly sorrow brings repentance that leads to salvation and leaves no regret."

2 Corinthians 7:10 (NIV)

3. Honest Confession

Confession is not about saying the right words. It is about agreeing with God, fully and truthfully. We bring sin into the light, not to be shamed, but to be cleansed.

Ask yourself:

- Am I confessing what God already knows, or only what others have found out?
- Do I use soft, vague words to make my sin sound less serious than it is?
- Am I taking full responsibility, or shifting blame to others, my background, or my circumstances?
- Am I willing to confess my motives and thoughts, not just my actions?
- Am I confessing to be accepted by people, or to be made right with God?

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." **1 John 1:9 (CSB)**

4. Turning Away From Sin

Confession alone is not repentance. Repentance is proven by what we turn away from, not just by what we admit. Turning away is not moderation; it is separation.

Ask yourself:

- Am I still keeping access to the things that pull me into sin?
- Am I trying to stay close to sin without actually committing it?
- What relationships, habits, places, or apps do I need to leave behind, not just manage?
- Am I trusting my own strength to resist, or am I creating real distance from temptation?
- What decisive step is God asking me to take now, not later?

Pray: Lord, give me the courage to walk away from what You have called me to leave behind.

5. Making Things Right

True repentance moves outward. Where our sin has harmed others, we do what we can to repair the damage, through humble actions, honest words, and changed choices.

Restitution does not earn forgiveness, but it shows that repentance is real.

Ask yourself:

- Is there someone I need to apologise to, face to face, by phone, or in writing?
- Have I taken something that needs to be returned or repaid?
- Has someone else been blamed or punished for something I did?
- Is there a false story I have told that needs to be corrected?
- Are there ungodly ties or broken promises I need to renounce before God?

You may not be able to repair everything. Do what is within your reach.

Where wisdom is needed, speak first with a trusted disciple maker.

6. Receiving God's Forgiveness

Once you have walked through this honestly, the final step is to receive what God offers. Forgiveness is not a right we demand; it is a gift we receive. And receiving it is not optional. It is essential to your healing and freedom.

Ask yourself:

- Am I still carrying guilt that God has already removed?
- Do I treat God's forgiveness as automatic, or as the costly gift it truly is?
- Am I learning to see myself as God sees me: forgiven, cleansed, and free?
- Am I running from God when I fail, or running to Him?

“Though your sins are scarlet, they will be as white as snow.”

Isaiah 1:18 (CSB)

God does not promise to erase your history. He promises something greater: He changes its power, its meaning, and its hold on you. To God, your life is white as snow.

WALKING FORWARD

Walking in truth is not a one-time event. It is a daily way of life.
You will stumble, and God will remain faithful. He is not waiting to condemn you.
He is waiting to restore you. You are not disqualified because you struggle.
You are being disciplined.

“You will know the truth, and the truth will set you free.” John 8:32 (CSB)

A CLOSING PRAYER

Father, thank You for loving me before I knew You. Help me to see sin as You see it,
to grieve it rightly, to confess it honestly, and to turn from it fully.
Teach me to make right what I can, and to trust You with what I cannot.
I receive Your forgiveness today.
Thank You for cleansing me, restoring me, and calling me Your child.
Teach me to walk in Your truth, not in fear, but in freedom.
In Jesus' name,
Amen.

