



Foundations Student Notes

Lesson 2 – Repentance from Dead Works

As the first Foundational teaching, **repentance from dead works** (or “acts that lead to death”) is crucial for all Christians to understand. It is one of the most important teachings in the Christian church. In fact, Jesus himself begins his ministry by calling the people to repent:

📖 *Mark 1.15*

The Greek word for repentance in the New Testament is “metanoeo” (pronounced meh-tah-noh-eh-oh), which means, “to change one’s mind.” To repent can also be described as a **180-degree turn**; in other words, one who repents completely turns their back on their old ways.

Repentance is important because all of humanity has fallen to sin and is in need of God’s redemption, on both a personal and global scale.

📖 *Romans 3:22-23*

According to these Scriptures, if we are to have life in Christ, we must **change our mind** about sin and **turn away from** it. Repentance is often thought of as simply being sorry or expressing remorse, but true repentance is much more.

📖 *2 Corinthians 7.10-11, Ephesians 4.20-24*

Emotions such as sorrow hopefully accompany repentance, but the act of repenting **is an action, not a feeling**. In *Ephesians 4.20-24*, Paul instructs us to “put off our old self” and to “put on the new self,” just as we remove dirty clothes to replace them with clean ones. This is the essence of repentance, to replace the old self – our earthly nature and desires – with the new self – the heavenly nature and desires of Jesus Christ.

📖 *Colossians 3.5-17*

Jesus himself preaches not of self-gratification or self-fulfillment, but of **self-denial**.

📖 *Luke 9.23-27*

We must also note the Bible’s instruction to repent of religious practices that are worthless or hypocritical.

📖 *2 Timothy 3:1-5, Colossians 2.16-23*