



MASTER BOOKLET

1.5 REPENTANCE

GODLY SORROW



Key Objectives

- Understanding Repentance as far as sin is concerned
- Know the difference between Godly and Worldly sorrow
- Testing our own repentance against the Word of God

Omission

Inability to change sinful behavior and death



Prezi link for the Repentance:

http://prezi.com/nkdvy_kl-ynj/?utm_campaign=share&utm_medium=copy&rc=ex0share

Legend Keys:

-  - Read scripture
-  - Heart question
-  - Draw
-  - Memory verse
-  - Greek word
-  - Hebrew word
-  - Group practice
-  - Watch YouTube
-  - Key scripture
-  - Group discussion
-  - Prayer point





REPENTANCE – METAMELLOMAI

Contents

REFLECTION	2
METAMELLOMAI.....	3
WHAT CAN I DO ABOUT SIN?	6
Live in the Light	5
Walking in the Holy Spirit.....	5
Repentance of Sin	Error! Bookmark not defined.
✍ Visualize Repentance (Metamellomai).....	3
Take Responsibility.....	1
UNDERSTANDING TEMPTATION.....	2
✍ Visualise Temptation.....	Error! Bookmark not defined.
BOLD REPENTANCE.....	2
PREREQUISITE FOR CHANGED BEHAVIOR.....	5
INTO PRACTICE –ACCOUNTABILITY.....	5
ACHIEVED OUTCOMES	6
MEMORY VERSE	6



Before we begin it is important to emphasize that gaining scriptural knowledge in itself, though important, is not enough to change our characters. Putting biblical knowledge into practice is the key, that teaches truth, and the power of God changes hearts and lives. (John 8:31-32).

1. REFLECTION

What did you learn in your last session and were able to put into practice?

With what did you struggle to put into practice?



What can you keep on doing or change to grow? Take some time to Pray.

Are you getting out of this training project what you want? Why? Why not?

JesusDust is keen to receive your feedback from your sessions! www.JesusDust.org





REPENTANCE – METAMELLOMAI

2. METAMELLOMAI

The Greek word “METAMELLOMAI” (μεταμέλλομαι) is a compound word derived from two root words:



1. “META” (μετά) - This prefix commonly means “after” or “change” in Greek.
2. “MELLOMAI” (μέλλω) - This verb usually denotes “to be about to” or “to intend” in Greek.

When combined, “METAMELLOMAI” conveys the idea of “to care afterwards,” “to regret,” or “to feel remorse” in the sense of a change in one’s mind or intentions after an action has been taken. It is often used to describe a sense of sorrow or regret over past actions or decisions. This word appears six times in the New Testament and is related to the concept of repentance and a change of heart or mind.

The use of the word “METAMELLOMAI” can be seen on context of the scripture below:

2Co 7:8 For ^{G3754} though ^{G1499} I made you sorry ^{G3076 G5209} with ^{G1722} a letter, ^{G1992} I do not ^{G3756} repent, ^{G3338} though ^{G1499} I did repent: ^{G3338} for ^{G1063} I perceive ^{G991} that ^{G3754} the ^{G3588} same ^{G1565} epistle ^{G1992} hath made you sorry, ^{G3076 G5209} though ^{G1499} *it were* but for ^{G4314} a season. ^{G5610}

2.1. Visualize Repentance (Metamellomai)

 In this section, we will list the characteristics of someone with Godly sorrow and another with worldly sadness.

KEY SYMBOLS

 Scripture - Write the scripture on the page location.

 Discuss - Discuss the question from the section.

 Deductive Question - A historical or reasonable consideration.

 Heart Question - Reflect on obedience and personal application.

 Draw - This section contains a drawing of the concept.

Drawings - Suggested drawing concepts are shown as **red text**.

Position on page - Indicate the position on the page of the text or drawing.

“Wording” - Write the wording on the page location.

 - Encouragement - Consider what you can do to grow in your faith and obedience.

Use the example below to guide you through the drawing process.

Position on Page	Wording / Symbol	Drawing Instruction	Scripture / Meaning
Middle top		Add the page headings “REPENT - METAMELLOMAI.”	





REPENTANCE – METAMELLOMAI

2.2. Live in the Light

 1Jn 1:5-2:2 This is the message we have heard ...read all

Position on Page	Wording / Symbol	Drawing Instruction	Scripture / Meaning
top center		draw a man (you) , a book , and a flame . The Book represents God's Word, and flame represents a friend's rebuke through the Holy Spirit.	2Co 7:8-9
Right from the Bible		Draw a teary eye to represent being sorrowful.	2Co 7:9

Why do you think these Corinthians were rebuked by Paul?



What was the basis of Paul's rebuke?

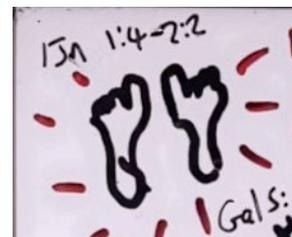
Have you ever been rightfully rebuked?

Position on Page	Wording / Symbol	Drawing Instruction	Scripture / Meaning
<u>Top Left</u>		Draw feet in the light to represent being open towards God and your community about your life.	1Jn 1:4-2:2

What does it mean to walk in the light?

What should we not be doing?

Who purifies us?



♥ Do you easily confess or apologize to your wife, children and others for wrongdoing? Why?





REPENTANCE – METAMELLOMAI

What can you do more to walk in the light? Discuss this with a friend.

2.3. Walking in the Holy Spirit

 **Gal 5:16-18 So I say, live by the Spirit, and ...read all.**

Position on Page	Wording / Symbol	Drawing Instruction	 Scripture / Meaning
Top Left		Draw a flame to represent given power through the Holy Spirit to overcome.	1Jn 1:4-2:2

What does it mean to walk in step with the Holy Spirit?

 How do we know if someone walk in step with the Holy Spirit or not?



 Do you walk in step with the Holy Spirit? What can you do about it?

3. WHAT CAN I DO ABOUT SIN?

 **2Co 7:8-11 Even if I caused you sorrow by ...read all.**

Who is Paul talking to?

Is this passage written for unsaved or saved people?

What is the difference in the result of Godly and worldly sorrow?





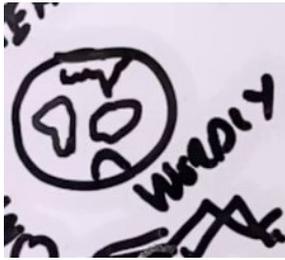
REPENTANCE – METAMELLOMAI

3.1. Worldly versus Godly Sorrow

 **2Co 7:10** Godly sorrow brings repentance that leads to sa... read all.

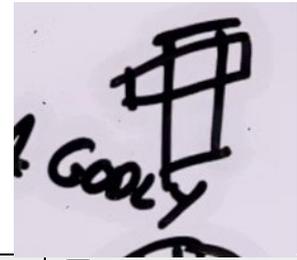
 We will now draw a distinction between the two responses.

Position on Page	Wording / Symbol	Drawing Instruction	 Scripture / Meaning
<u>Top Left</u>	Worldly Sorrow	Draw an earth representing worldly sorrow.	2Co 7:10
<u>Top Right</u>	Godly Sorrow	Draw a cross representing godly sorrow.	

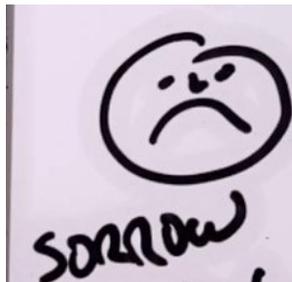


What is the difference between godly and worldly sorrow?

 Do you walk in step with the Holy Spirit?
What can you do about it?



Position on Page	Wording / Symbol	Drawing Instruction	 Scripture / Meaning
<u>Bottom Left</u>	Worldly Sorrow	Draw a sad face representing continuous regret, judgement.	2Co 7:10
<u>Bottom Right</u>	Godly Sorrow	Draw a happy face representing the outcome of godly sorrow as joy, a changed heart and salvation.	



 How can we recognize if someone has Godly or worldly sorrow?

Have you ever had worldly sorrow?
(Caught out and not willing to change?)



3.2. Proving our Repentance

 **2Co 7:11** See what this godly sorrow has produced in you... read all.

List the characteristics of someone that has godly sorrow.

Hypothetically: Let's assume someone has stolen an expensive watch from a jewelry shop. Now, let's compare the difference in behavior between Judas, who showed worldly sorrow, and Peter, who demonstrated godly sorrow. Use the list below to describe the expected responses for each.





REPENTANCE – METAMELLOMAI

 Draw the two sides of the possible reaction on your drawing.

	Worldly Sorrow (Judas)	Godly Sorry (Peter)
<p>Earnestness</p> <p><i>spoudē</i> - “speed”, that is, (by implication) dispatch, eagerness</p>  <p>Draw a watch</p>		
<p>eagerness to clear</p> <p><i>apologia</i> - a plea (“apology”): - answer (for self), clearing of self</p>		
<p>Indignation</p> <p><i>aganaktēsis</i> - indignation: - indignation.</p>		





REPENTANCE – METAMELLOMAI

<p>Alarm</p> <p>Phobos - (to be put in fear); alarm or fright: - be afraid, + exceedingly, fear, terror.</p>  <p>Draw a alarm bell.</p>		
<p>Longing</p> <p><i>epipothēsis</i> - a longing for: - earnest (vehement) desire.</p>		
<p>Concern</p> <p>zēlos - heat, that is, “zeal” , jealous.</p>		

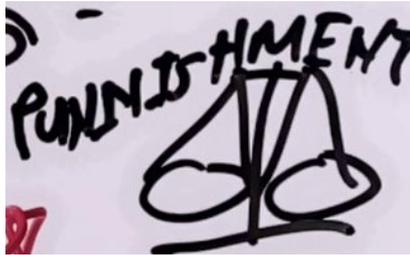




REPENTANCE – METAMELLOMAI

Readiness to see justice done

ekdikēsis - vindication, retribution: - venge , punishment.



Draw a **scale** or **prison**.

Sometimes, we need to give others permission to speak into our lives—especially to point out the things we are blind to. The Corinthian church gave Paul that permission, and though his rebuke caused them sorrow, it led to godly repentance and healing.

♥ Are you willing to give people close to you permission to rebuke you when you are caught in sin?

✍ Speak with a trusted friend or family member and ask them to help keep you accountable in living a godly life. Godly sorrow may involve deep emotion, but it always leads to changed action and a desire to do what is right.





REPENTANCE – METAMELLOMAI

3.3. YouTube **Understanding Godly Sorrow**

Watch the video, and in small groups of +-4, practice teaching one another this teaching.

<https://www.jesusdust.org/metamellomai>

♥ **Test yourself! Have you ever had worldly sorrow?**

♥ **How does it feel to go about with unrepented sin?**

♥ **What can you do about it?**

3.4. **Take Responsibility**

 **Jas 1:13-15 When tempted, no one should say,read all.**

 Who should we blame for our sins?

 Do you blame others for your sin?

 What can you do to take ownership of your sin?

♥ **Why is this so hard?**





REPENTANCE – METAMELLOMAI

4. UNDERSTANDING TEMPTATION

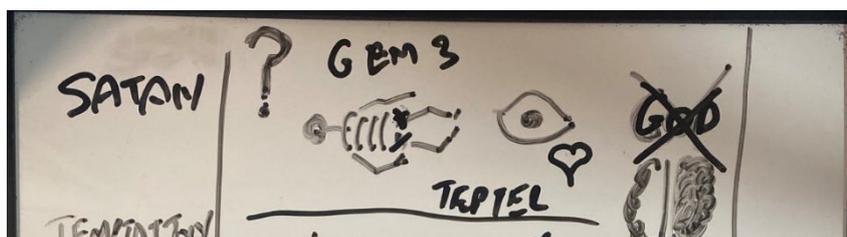
 **Gen 3:1-5** Now the serpent was more crafty than ...read all.

Position on Page	Wording / Symbol	Drawing Instruction	Scripture / Meaning
	Temptation	Add a page heading	
<u>Top left and right</u>	Satan	Draw a Satan on the left of the page and women to the right of the page.	Gen 3:1-5

What were the three promises from Satan? Which desires did the temptation meet and where did it place God?

	<i>Temptation 1</i>	<i>Temptation 2</i>	<i>Temptation 3</i>
Satan's promises			
What we like about it - the heart desire.			
What it did to our relationship with God			

Position on Page	Wording / Symbol	Drawing Instruction	Scripture / Meaning
<u>From left to right</u>		Draw a skeleton to represent the promise of no death.	Gen 3:1-5
<u>Next</u>		Draw a food and an eye to represent food that are so good it will open your eyes (psychedelic).	
<u>Next</u>		Draw a crossed-out God replaced by our mind to represent our ability to compete with God.	





REPENTANCE – METAMELLOMAI

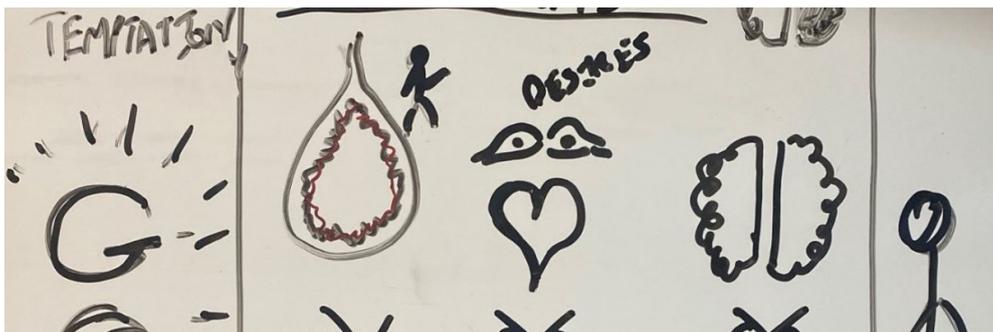
5. Women’s Temptation

 **Gen 3:6** When the woman saw that the fruit of the... read all.

 What were the three attractions for the women? Which desires did the temptation meet and what did it do to God?

	<i>Temptation 1</i>	<i>Temptation 2</i>	<i>Temptation 3</i>
What the woman wanted - the Temptation			
What was the deep heart's desire			
What it does to your relationship with God			

Position on Page	Wording / Symbol	Drawing Instruction	 Scripture / Meaning
<u>From left to right</u>		Draw a good fruit to represent her desire for satisfying food to represent our physical desires.	Gen 3:6
<u>Under the fruit</u>		Draw God, crossed out to represent our dissatisfaction with God's provision.	
<u>One place right</u>		Draw an eye and a heart that desire to represent our emotional desires through our senses.	Gen 3:6
<u>Under the heart</u>		Draw God, crossed out to represent our dissatisfaction with God's provision.	
<u>One place right</u>		Draw a brain to represent our desire for information.	Gen 3:7
<u>Under the brain</u>		Draw God, crossed out to represent our desire to be as knowledgeable as God.	





REPENTANCE – METAMELLOMAI

6. Jesus' Temptation

 **Mat 4:1-11 Then Jesus was led by the Spirit intoread all.**

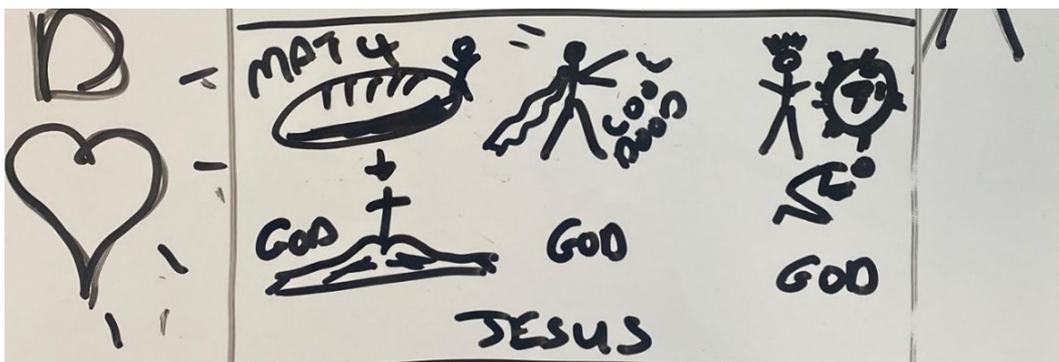
What were Jesus three temptations about? Which desires did the temptation meet and what did it do to God?

	<i>Temptation 1</i>	<i>Temptation 2</i>	<i>Temptation 3</i>
<i>What Satan offered</i>			
<i>What was the deep heart's desire</i>			
<i>What it could do Jesus' relationship with God</i>			

♥ Which of these temptations are your weaknesses?

♥ What can you do to master your temptation?

Position on Page	Drawing Instruction	 Scripture / Meaning
<u>From left to right</u>	Draw a bread to represent our physical desires.	Mat 4:3-4
	Draw a God's word to represent self discipline over bodies in obedience to God.	
	Draw a superman to represent an insecure person showing off in front of others (not trusting God).	Mat 4:5-6
<u>Under superman</u>	Draw God, crossed out to represent lack of faith in God's love.	
	Draw a king of the world under Satan's control to represent Jesus greedy for power.	Mat 4:7-10
<u>Under superman</u>	Draw God, crossed out to represent rejection of God's authority.	





REPENTANCE – METAMELLOMAI

7. BOLD REPENTANCE

 **Act 19:18-20 Many of those who believed nowread all.**

What was most important to the believers?

How did they deal with their sin?

 **What are some of your sins that should be dealt with in this way?**

 **How would you feel once you have done this?**

8. PREREQUISITE FOR CHANGED BEHAVIOR

 **Act 26:20 First to those in Damascus, then to those...read all.**

When was a change in their deeds expected? Before they turned to God or after they did so?

What is “repentance” primarily referring to?

9. INTO PRACTICE –ACCOUNTABILITY



The knowledge acquired is worthless and only puffs us up if we don't put it into practice.

 **1Co 8:1** We know that “We all possess knowledge.” But knowledge puffs up while love builds up.

Make three goals for the next week based on what you have learned today.

Goal 1: _____

Goal 2: _____

Goal 3: _____



Take some time to pray about it so that you can grow in your godly sorrow.





REPENTANCE – METAMELLOMAI

10. ACHIEVED OUTCOMES

- Understanding repentance as far as sin is concerned
- Know the difference between Godly and Worldly sorrow
- Testing our own repentance against the Word of God

11. MEMORY VERSE

Don't try and learn all the memory verses at once but only select two or three verses each week. Go at a pace that doesn't add too much pressure on yourself and others. You will find new meaning in the scriptures you memorise.

<p>Mar 1:15 <i>"The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!"</i></p>	<p>Luk 13:3 <i>I tell you, no! But unless you repent, you too will all perish.</i></p>	<p>Act 26:20 <i>First to those in Damascus, then to those in Jerusalem and in all Judea, and then to the Gentiles, I preached that they should repent and turn to God and demonstrate their repentance by their deeds.</i></p>
<p>2Co 7:10 <i>Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 11 See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.</i></p>	<p>Jas 1:12 Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him. 13 When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone;</p>	





REPENTANCE – METAMELLOMAI

12. NEXT

👏 Congratulations on completing the study on Repentance – Godly Sorrow. You’ve taken an important step toward understanding the kind of sorrow that leads to lasting change and salvation. Godly sorrow isn’t about emotional regret—it’s about transformation. It awakens action, produces zeal, and restores our relationship with God.

In this study, you learned how to test your own heart and recognize the difference between true repentance and worldly sadness that leads to death. You now have the tools to examine your response to sin, understand temptation, and take responsibility for your choices. Don’t stop here—continue to practice repentance and grow in righteousness.

👉 In the next booklet, we’ll examine false doctrines that distort the truth about repentance and Jesus Christ. Many believers are misled into thinking that repentance is optional, that sin doesn’t separate, or that there are other mediators besides Jesus. These teachings can slowly undermine the very foundation of our salvation. But Scripture warns us clearly about deception in the last days.

📖 Together, we will expose these false teachings and reinforce what the Bible says about Jesus as the only mediator, the call to stop sinning, and the importance of sound doctrine. This next section is vital for those who want to stand firm in the truth and avoid the spiritual dangers of error.

🔥 Get ready to grow even deeper in your faith as we sharpen our discernment in 1.6 REPENTANCE – FALSE DOCTRINE.

Let the Word of God be your standard—always.

As you move forward, remember to track your progress and use the enrolment card to mark your achievements. We look forward to walking with you on this next step of discovering the profound and life-changing concept of God’s grace. [JesusDust Syllabus Master PDF](#)

Elementary Teaching	Topic	Drawing	Your progress
Introduction	I. Introduction	Maturity Levels Elementary Teachings	
	II. Word	House on the Rock - Mat 7:24-27 Word of Life - Jon 12:47-48 Qualities of the Word Word's Authority - 2Ti 3:16-17 Word & Holy Spirit - 2Pe 1:18-21 Accountability - Heb 4:12-13 Life And Doctrine Four Obstacles Bereans Qualities - Act 17:10-11 Three Responses - Acts	
Repentance	III. Word - false doctrine 1.1. Repentance in the light	The Words "Repentance" Yhwh's Holiness Holiness and Sin Repentance - Metanoia	
	1.2. Repentance sin	Obvious Sin - Gal 5:19-21	



REPENTANCE – METAMELLOMAI



		Unobvious Sin - 2Ti 3:1-4 Light & Darkness - 1Pe 2:9-10 My Lifeline	
	1.3. Repentance Jesus		
	1.4. Repentance Jesus - medical account	Repentance - Cross - Mat 26:19-27:66	
	1.5. Repentance godly sorrow		
	1.6. Repentance Jesus - false doctrine	Understanding Godly Sorrow - 2Co 7:8-11 Temptation - Gen 3, Mat 4	
Faith in God	2.1. Faith in God introduction	The Mediator Jesus the son of God	
	2.2. Faith in God - who I am	Faith - What, Where Faith - Who, How Saved Circle	
	2.3. Faith in God - discipleship	I Am Discipleship - Mat 28:17-20 Discipleship - Where, When, Who, How Lead Like Jesus Ministry Like Jesus	
	2.4. Faith in God - kingdom of God	Kingdom of God - What Daniel's Dream - Kingdom Statue - Dan 2 When did the Kingdom Come Peter's Keys - Mat 16:13-20 Seven Kingdom Keys - Act 2:14-41 Healthy Church Circle - Act 2:42-47	
	2.5. Faith in God - prayer	Lord's Prayer - Mat 6:5-15	
Baptism	2.6. Faith in God - grace	Faith & Grace - Gal 5:16	
	3.1. Baptism	Case Study - Paul's Conversion Faith & Grace - Gal 5:16	
	3.2. Baptism - Into Practice	Baptism - What, Who, Where, How, When, Why? Baptism - Ceremony	
Holy Spirit	3.3. Baptism - OT & False Doctrine		
	4.1. Holy Spirit purpose	Holy Spirit - Purpose - Joh 16:4-15	
	4.2. Holy Spirit receiving	Receiving Holy Spirit - New Testament	
	4.3. Holy Spirit fruit	Doing Well Spiritually Love Is Sliding Back - Gal 5:22-26	
	4.4. Holy Spirit gifts 4.5. Laying on of hands	Laying on of the Hands	
Eternal Judgement	5.1. Resurrection	Resurrection Resurrection Meaning Resurrection & Elementary Teachings	
	6.1. Eternal Judgement - The Judge	Judgement - What, How, Why, Who, Where	
	6.2. Eternal Judgement - Reward	Eternal Reward	
	6.3. Eternal Judgement - Punishment 6.4. Eternal Judgement - False Teaching	Eternal Punishment	





REPENTANCE – METAMELLOMAI

13. A FINAL WORD

We invite you to support our training ministry financially if you benefit from this booklet. With your support, we can employ more trainers in underprivileged countries, train new trainers, spread the gospel about Christ Jesus, and start new groups.

Donate by going to our website, www.JesusDust.org.

You may also contact us to become a certified trainer today. Benefit from online training and other materials. Grow your personal ministry.

Feel free to contact us to provide any feedback or suggestions.

We thank you for your participation in our growth project!

Steyn van Wyk

Ordinary disciple of Jesus Christ

steyn@jesusdust.org

