

LESSON 8

Starting Over

NO ONE IS DOOMED TO REMAIN WHO THEY'VE BEEN

INTRODUCTION

Starting over sounds simple but it isn't. It's not just willpower. It's not "closing a chapter" because it feels right. It's not saying "I'm fine" when nothing inside is actually fine.

Starting over hurts because it means admitting something ended. Something broke. Something inside needs a deep shift... not a patch. And here's the truth no one says out loud: no one can restart their life alone. You can change cities, change friendships, change jobs... and still carry the same weight inside.

The Bible says starting over isn't about new goals it's about letting God start a new life in you. A life where the past doesn't dictate your pace, where guilt loses its grip, and where hope grows stronger than fear. Starting over doesn't erase your story. It lets God write what comes next.

In this lesson, we will learn that both are a gift from God that require our response. And we will discover that these two inseparable steps are the gateway to a new life in Christ.

EXPLORING THE BIBLE

A. What is repentance?

- It is a deep change of mind and heart, produced by the Holy Spirit. It is not only feeling guilty, but turning away from sin and turning to God.
- “The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise” (Psalm 51:17, NKJV).



B. What is faith?

- It is trusting in God’s promises and in the work of Christ as sufficient to save us.
- “For in it the righteousness of God is revealed from faith to faith; as it is written, ‘The just shall live by faith’” (Romans 1:17, NKJV).
- Faith is not only believing that God exists, but resting in what He did on the cross and in what He continues to do in our lives.



C. Repentance and faith: inseparable

- Repentance leads us to recognize our condition.
- Faith leads us to trust that Jesus can forgive us and transform us.
- “Repent, and believe in the gospel” (Mark 1:15, NKJV).



D. The fruit of repentance and faith

- A transformed life, reflecting gratitude and obedience.
- “Therefore, if anyone is in Christ, he is a new creation” (2 Corinthians 5:17, NKJV).





POINTS FOR REFLECTION

1. Do you sometimes confuse remorse with true repentance? What might be the difference?

2. In what areas of your life do you need to stop trusting yourself and start trusting Christ?

3. How does a change that comes from repentance and faith look in your life?

4. Why can't repentance and faith be separated in the Christian experience?

PERSONAL DECISION

Today I can take two inseparable steps: turn away from sin and surrender to Christ by faith. He not only forgives me but transforms me.

PRACTICAL ADVICE FOR THIS LESSON

What should we repent of?

True repentance is from sin, not only from the consequences. It is not mere lament or remorse, but a change of direction: leaving sin behind and turning to God (Isaiah 55:7, NKJV).

To whom should I confess my sins?

The Bible teaches that forgiveness is God's prerogative. We must confess our sins to Him, through Jesus Christ, our only Mediator (1 Timothy 2:5, NKJV). No religious leader has the power to forgive; that power belongs only to God (Mark 2:7,10, NKJV).

What if I fail after repenting?

Return to Jesus. The Christian life is a walk. If we stumble, we must not run away from God, but run to

Him. As long as we remain in Christ, there will always be forgiveness and restoration (1 John 1:9, NKJV).

What does biblical faith mean?

Faith is not only accepting that God exists; it is fully trusting in Him, depending on His grace, and obeying His Word. It means opening the heart to Him, speaking with Him in prayer, and resting in His love.

How do I exercise my faith?

Pray to God sincerely. Open your heart to Him as to a close friend. Tell Him your struggles, fears, and sins, and trust that He hears and answers (Philippians 4:6-7, NKJV).



DID YOU KNOW...?

In Greek, the word “repentance” in which the New Testament was written is the word *metanoia*, which literally means “change of mind” that produces a change of life. And “faith” (*pistis*) implies faithfulness and commitment, not just a mental acceptance.

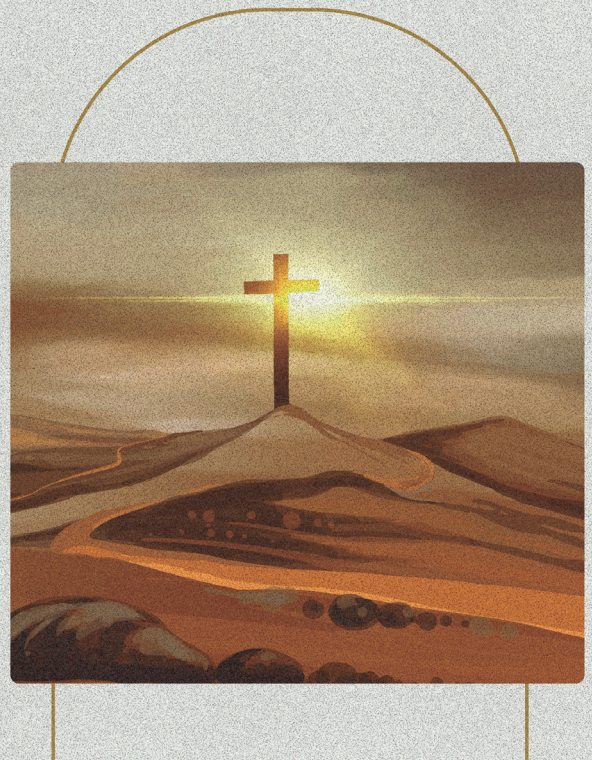
IMPORTANT TIP

Do not wait to “feel” worthy to come to Christ. Come just as you are, trusting that He will not only forgive you, but transform you. I hope it has been a blessing. Remembering that Christ is our living hope.

KEY TEXT

“REPENT,
AND BELIEVE
— IN THE —
GOSPEL”

(Mark 1:15, NKJV)



TIP FINAL

In 2010, a young man in the United States voluntarily turned himself in to the police, confessing to a robbery committed 8 years earlier. No one was looking for him, the case was forgotten, but he declared: “I can’t go on living with this burden.” His decision was not an act of desperation, but a step toward inner freedom.

Something similar happens in our lives. We all carry guilt, mistakes, and memories that weigh more than we admit. We can ignore them, justify them, or try to compensate for them, but the burden remains. True repentance is that moment when we stop hiding and decide to face the problem, not with our own strength, but by turning back to God.

Faith is the inseparable complement. To repent is to let go of sin; to have faith is to take Christ’s hand. It is not only about regretting what we have done, but about opening ourselves to the grace that can transform us. Without repentance, faith would be superficial; without faith, repentance would be hopelessness.

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CONCLUSION

Starting over isn’t a leap into darkness it’s a step toward Someone who holds you. God doesn’t ask for perfection to begin. He asks for honesty. A simple “Here I am,” even if you’re in pieces. Because God doesn’t restart lives from the outside He restarts them from within.

And what He begins, He finishes. He strengthens. He sustains. Starting over isn’t theory. It’s invitation. And it might be the beginning of the strongest chapter of your life.

EVALUATE YOUR LEARNING

1. Mark with a T if the statement is true or F if it is false.

- () Biblical repentance is only feeling guilt or sadness for the sin committed.
- () According to the lesson, repentance and faith are gifts from God that require a personal response.

2. According to the lesson, what is the difference between remorse and true repentance?

3. How do repentance and faith work together in the experience of salvation?



WHAT MOST CAUGHT YOUR ATTENTION IN THIS LESSON

Do you want to know more about this lesson?

We want to accompany you every step of the way on your spiritual journey, not just through knowledge. By scanning the QR code below, you will access the video lesson for Lesson 8 and discover a comprehensive space designed to address your questions, strengthen your learning, and connect us in prayer.

