



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF OCTOBER 15, 2007



**Relational Freedom, One Step at a Time, 2:
Sorry is Not Enough**

Featuring
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Best-selling co-author of Boundaries series,
author of How People Grow

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I. Introduction

“Repent” is a word that doesn’t go down well—but it is a gift

Psychologists talk about three areas of life:

- Clinical
- Relational
- Functional

Resolving all these things involves changing our ways

Repent: ‘to consider, to perceive, to think, to understand’

Repent = ‘to get it’

²⁰...when your son asks you,
 "What is the meaning of the
 stipulations, decrees and laws
 the LORD our God has com-
 manded you?"²¹tell him: "We
 were slaves of Pharaoh in
 Egypt, but the LORD brought
 us out of Egypt with a mighty
 hand....²⁴The LORD com-
 manded us to obey all these de-
 crees and to fear the LORD our
 God, so that we might always
 prosper ..."
 —Deuteronomy 6:20-21, 24

II. The problem with repentance

If you’re a religious repenter, your motivation is guilt

God’s forgiveness is permanent, but we keep going through the guilt-sin cycle

We need a new system: grace

You don’t have to repent to be not-guilty, but you do need to repent to get better

The problem with grace: What do you do when you’re not guilty
 but you’re still screwed up?

*Therefore, there is now no
 condemnation for those who are
 in Christ Jesus...*
 —Romans 8:1

III. A better motivation for repentance: Reality

1. Love of God and love of others

We need to be loved before we get good

The wake-up call: bringing our current reality home

2. Play the movie

Nothing in life is an isolated incident

If I continue doing this, what's the result?

3. In vivo feedback

Get feedback from people who see us in real life

4. Effects on others—other end of me?

Ask three significant people in your life: "What's it like to be on the other end of me?"

5. Humility: this is a stance

²³*Search me, O God, and know my heart; test me and know my anxious thoughts.*

6. Ask God from a stance that assumes that there's something wrong with me

²⁴*See if there is any offensive way in me, and lead me in the way everlasting.*
—Psalm 139:23-24

The biggest problem is our resistance to hearing about our problems

Next week on *Solutions*: “Name It and Claim It”

Resources

BOOKS:

The Secret Things of God: Unlocking the Treasures that are Reserved for You

By Dr. Henry Cloud

www.cloudtownsend.com

Nine Things You Simply Must Do

By Dr. Henry Cloud

www.cloudtownsend.com

How to Get a Date Worth Keeping

By Dr. Henry Cloud

www.cloudtownsend.com

How People Grow

By Drs. Henry Cloud and John Townsend

www.zondervan.com

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