

## BodyBuilders

21 January 2018 – Third Sunday after the Epiphany

### Share:

- *What does repentance mean to you?*
- *Can you give an example of when and how you needed to do so?*



**Readings:** Jonah 3:1–5, 10; 1 Corinthians 7:29–31; Mark 1:14–20

**Theme:** *Turn around* – Mark 1:15, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

### Talk/Reflect:

- “Repentance” literally means to “change one’s mind.” How did Jonah illustrate repentance (Jonah 2:5-9)?
- How did the Prodigal son do the same (Luke 15:17)?
- How did Jonah change direction (Jonah 3:3)?
- How did the Prodigal son do the same (Luke 15:17)?
- How is repentance meant to be life changing (Jonah 3:4-5)?
- Did Jonah’s life actually change (Jonah 4)? If so, how? If not, why?
- How is repentance needed today?



### Pray:

- *We would change our minds.*
- *We would change our direction.*
- *We would change our lives.*

### Bless each other by reading Psalm 62:5–12.

<sup>5</sup> For God alone, O my soul, wait in silence,  
**for my hope is from him.**

<sup>6</sup> He only is my rock and my salvation,  
**my fortress; I shall not be shaken.**

<sup>7</sup> On God rests my salvation and my glory;  
**my mighty rock, my refuge is God.**

<sup>8</sup> Trust in him at all times, O people;  
pour out your heart before him;  
**God is a refuge for us. Selah**

<sup>9</sup> Those of low estate are but a breath;  
those of high estate are a delusion;

**in the balances they go up;  
they are together lighter than a breath.**

<sup>10</sup> Put no trust in extortion;  
set no vain hopes on robbery;  
**if riches increase, set not your heart on them.**

<sup>11</sup> Once God has spoken;  
twice have I heard this:

**that power belongs to God,**

<sup>12</sup> and that to you, O Lord, belongs steadfast love.

**For you will render to a man  
according to his work.**