**Are You Repenting?**

* Are you working out and walking in repentance?
* What did God show you should change about your thinking, and how have you been working to put it into practice?

Biblical counseling only moves from INFORMATION to TRANSFORMATION when you REPENT.

Greek word for repentance is **‘Metanoia’** – a change in thinking that leads to a change in direction or action.

Meta- change

Noia- from nous – mind

**Acts 3:19** “Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord.”

**Psalm 16:11** “You will make known to me the path of life. In Your presence is fullness of joy; in Your right hand are pleasures evermore.”