
REPENTANCE WORKSHEET

“If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:8-9 NASB).

Pray a prayer like this:

Father, I agree with You and ask You to cleanse from me the sin of . . . (**underline** all that apply):

- Pride, bragging, making sure I’m “known”; taking credit for my success; love of human praise; a secret fondness to be noticed; love of supremacy; love of reputation; a desire to achieve regardless of the methods; drawing attention to myself in conversations
 - Anger, impatience; a touchy, sensitive spirit; resentment and retaliation when I am disapproved of or contradicted; sharp, harsh words; rudeness; sarcasm; a stubborn, unteachable spirit; an arguing, talkative spirit; contention; an unyielding, headstrong disposition; a driving, commanding spirit; a desire to control most circumstances and people; a drive to win every argument; a desire to always be seen as “right” or come out on top; inflexibility (things have to go my way); unapproachableness; resenting or resisting the authorities God has placed over me; resisting or rebelling against God’s providence or ways as He seeks to develop my life
 - A desire to criticize and point out flaws when I’m set aside or unnoticed; gossip, criticism; focusing on the failures of others; unkind responses; spreading strife; being envious or jealous of others; withdrawing or ignoring others out of a secret desire to retaliate; lack of real love; treating people as objects
 - Dishonesty, lying; exaggeration; evading and covering the truth; leaving a better impression of myself than is strictly true; covering up my real faults; defensiveness; an unwillingness to accept responsibility for my sin; pitching blame on others
 - Fear; a man-fearing, man-pleasing spirit; shrinking from duty; passivity; worry about whether every-thing will come out all right; lack of quiet confidence in God; lack of gratitude; unbelief; doubting God’s goodness; worry and complaining in the midst of difficulty
 - Laziness; wasting time (often with the Internet, television, games, etc.); gluttony; overindulgence; drunkenness; being a stumbling block to others because of my habits; abuse of drugs (including prescription drugs); a tendency to trust medication more than God; lust, pornography, adultery, fornication, incest, abortion, sodomy
 - Materialism; loving things more than loving God or others; always wanting more; buying things I don’t need; not giving; robbing God of His tithes and offerings; stinginess; worry over my finances; living beyond what God has provided; excessive debt; an unwillingness to admit and correct my misuse of God’s money
 - Unforgiveness; bitterness and hatred toward those who have hurt me; an unwillingness to clear my conscience with others; intolerance of others; bigotry, prejudice; harbored hurt
 - Deadness and formality; lack of concern for lost people; not sharing my faith with others; dryness and indifference; lukewarmness and apathy; insensitivity toward others; unwillingness to serve (a consumer mentality); a desire to be served; self-centeredness; hypocrisy; disobedience to God’s promptings; lack of time with God in His Word; little interest in intimacy with God; prayerlessness; unwillingness to let God have control
 - Also (list anything else God brings to mind): _____
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After you have agreed with God and confessed these sins:

- **CLAIM** God’s promise at the top and thank Him for His forgiveness, made possible by the cross!
- **TURN** in full repentance and a desire for Christ’s complete lordship in your life.
- **CLEAR YOUR CONSCIENCE** by seeking forgiveness from any people you’ve wronged.