

# Activity: Repentance



FAMILY TIME  
TRAINING

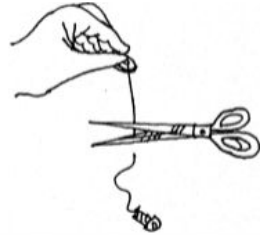
**Teaching Goal:** Repentance involves both an apology and changing our behavior.

**Scriptures:** Acts 26:20 ...I preached that they should repent and turn to God and prove their repentance by their deeds.

Acts 9 Paul who has denied Jesus as Lord, calls him Lord and quits persecuting Christians. Jonah 2 Jonah calls out to God from inside the fish and changes his way by going to Nineveh to deliver God's message. 2 Kings 22-23 Josiah finds the Book of the Law, prays to the Lord for forgiveness, and destroys the idols throughout the land.

## **Materials:**

String or yarn  
Washer Bolt or  
screw Scissors



## **Lesson and discussion**

Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. DISCUSSION: **What does the word repent mean? Listen to answers. To repent is to acknowledge doing something wrong plus changing your behavior from wrong to right. Invite a volunteer to read Acts 26:20.**

**Repentance requires both a confession of wrongdoing and a change in behavior.**

**Can you think of an example of repentance in the Bible? Listen to answers. In the book of Acts, we read about Paul who persecuted Christians, being confronted by Jesus and then stopping his persecution. In the book of Jonah, we read about Jonah not wanting to go to Nineveh, repenting in the belly of a big fish, and then going to Nineveh. In 2 Kings we read how King Josiah finds a copy of the Scriptures, realizes he has not been following what the Scriptures teach, repenting and then starting to follow the Scriptures. Can you think of a time in your own life when you repented? Listen to answers.**

Cont.....

***FAMILY FUN TIME ACTIVITY***

### ....Continued ...

C. ACTIVITY: Take a piece of string or yarn approximately ½ meter in length. **This string represents our relationship to God.** Tie a washer on one end. **This washer represents God.** Tie a bolt or screw on the other end. **This screw represents us.** Using a ruler, measure the length of the string between the washer and the nut. **The scissors represent sin**

- Holding the string in the air by the washer, use the scissors to cut the string. **When we sin it feels like we are farther away from God. We feel a gap in our relationship, guilt from doing something wrong.**
- Lay the cut pieces of string end to end. **But as Christians we have Jesus who has already paid the price for our sins through his death on the cross. Because of Jesus there is no gap in our relationship with God.**
- Tie a knot to put the cut ends back together. **When we repent...say we are sorry...and change our actions, we are doing what God asks us to do. Because we are doing what God asks, we actually end up closer to God. The knot represents repentance and the restored relationship with God.**
- Repeat the cutting of the string and tying the ends together. After doing it several times measure the length of the string with the ruler. The distance between the washer and the nut is shorter. **Just like the washer and nut got closer after tying knots, our relationship with God is closer when we do what He asks and repent.**
- II. Close in Prayer
- III. Pass It On: Make an extra copy of this lesson and pass it on to another family