

When Jesus and His disciples would teach people how to live, they would finish by saying, "Repent." It's all over the Scriptures: true change in life comes from repentance. But do you know what it means to repent? Do you know how to repent and change? Let's put what we learn and believe into new action and character. **Just draw a circle to get started...**

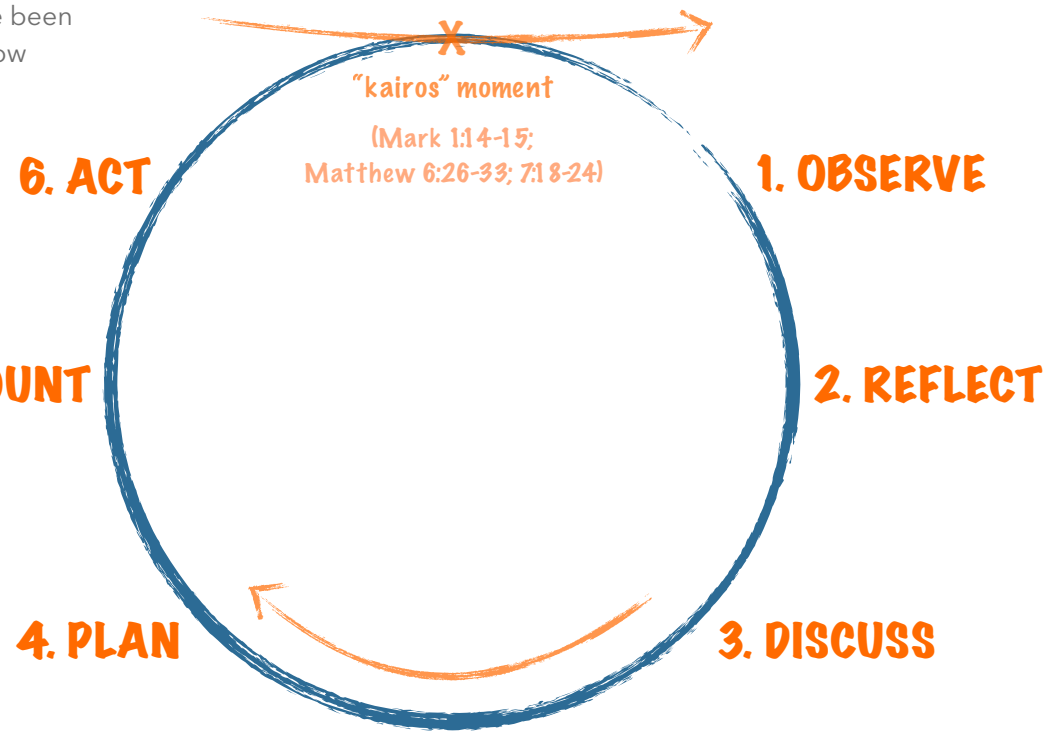
Sometimes you'll hear this circle called a "Kairos" circle or learning circle... Kairos is a Greek word that refers to a moment in time. We use it to mark the unique moments where God interrupts and invites us to change.

It might be a failure that we can respond to, a challenge that disorients us, or simply learning something we did not know. The reality is that your system is perfectly designed to get the results you've been getting. But God offers these moments to show the insufficiency of that system.

What opportunity is God offering you to transform how you think and act to become more like Jesus Christ?

What you really believe comes out in what you really live. Maybe this moment is revealing what you *actually* believe.

Take this opportunity to challenge and change your thinking, character, and actions. Become accountable to bring your *whole being* into alignment with what you believe about God because of what you've seen in Jesus and God's Word. Take this moment with a trusted friend or disciple to listen to what the Holy Spirit is revealing in you and commit to make tangible changes about anything that He invites you to learn.



1. OBSERVE

"WHAT happened?"

- Just the honest facts
- What emotions did you feel?
- What thoughts did you think?
- How did you respond in that moment?

2. REFLECT

"WHY did I...?"

- Why did I feel that?
- Why did I think that?
- Why did I respond like I did?

3. DISCUSS

Invite a friend to discuss helpfully

- What do you see?
- What do you think?
- How would you apply Scripture to my situation?

4. PLAN

Plan what to stop AND to start

- What actions must change?
- What thoughts must change?
- What responses need to change?
- What is the right thought to adopt or positive action to take?

5. ACCOUNTABILITY

Become accountable for the plan

- When will I do this by?
- Who will keep me accountable?
- How can I keep you accountable?
- Would it be helpful if I {call, text, follow up after..., etc.}?

6. ACT

Act according to the plan

- Don't hope for change, practice it and stick at it!
- If you fail, check your plan and discuss what happened. Perhaps accountability can improve. Find the breakdown!

QUESTIONS FOR REFLECTION AND INTENTIONAL ACTION

**HOW HAVE YOU THOUGHT ABOUT REPENTANCE IN THE PAST?
HOW IS THIS CIRCLE CHALLENGING YOU TO THINK DIFFERENTLY?**

**THINK ABOUT TIMES YOU'VE SEEMINGLY REPENTED.
WHICH STEPS ON THE CIRCLE DID YOU SKIP OR FAIL TO COMPLETE WELL?**

**LET'S GET SPECIFIC ABOUT PRACTICING THIS NEW WAY OF CHANGING.
HOW CAN WE APPLY THIS FULL CIRCLE TO AN ISSUE IN YOUR WALK RIGHT NOW?**

**THINK ABOUT WHAT LIFE WILL BE LIKE WHEN YOU DO THIS WELL.
WHAT WILL BE DIFFERENT? WHAT DO YOU HOPE WILL CHANGE ABOUT YOU?**

ADDITIONAL HELP AND RESOURCES

- NEED HELP PLANNING SOLID STRATEGIES FOR ACTION AND CHANGE? -

Start, Stop, Continue | Think about what needs to start, stop, and continue to secure their desired outcome.

Character vs. Competency | Be careful to separate a "can't" from a "won't" - can't is skill; won't is character. Help increase skills with grace and patience; challenge character with love and truth.

High Access and Challenge | Consider reviewing the Matrix Life Shape for additional support in this process.

- NEED HELP STARTING THE CONVERSATION? -

If you've asked "How are you?" and hear anything about "same issue" try: "Change can be hard. Whether we learn something new or keep failing, there's actually a good way to think about truly changing. Can I show you?"

If you've been talking and hear that they want to change but can't, try: "Sometimes we think we've done what it takes to change because we thought about it or even changed our mind, but that's only half of it. Let's talk about the full process using this circle..."