

# Morning Lesson

## REPENTANCE (DON'T LOOK BACK) Gen. 19:24-26; Luke 17:31, 32

### INTRO:

1. Repentance – “To make a change for the better because of remorse...”
2. Repentance is critical to eternal life.  
**Luke 13:3, 5**
3. Once we make the decision to follow Christ, we cannot long for the life we had before.
4. May 6, 1954, Roger Bannister...
5. One description of the Christian life is as an athlete in a race. **1 Cor. 9:24-27**
6. The Bible tells us where to look as we run this race.

### I. DON'T LOOK BACK.

- A. We all can look back and see mistakes we have made along the way. **Rom. 3:23**
- B. That is why the Father sent Jesus. **Eph. 1:7**
- C. Don't look back and wallow in those past failures.  
**Phil. 3:13, 14**

### II. LOOK TO JESUS.

- A. **Heb. 12:1-3**
- B. We are called to follow Jesus faithfully. **1 Pet. 2:21**
- C. To be successful, we must fix our eyes on the eternal goal of heaven. **Col. 3:1-4**

### CONC:

1. When we repent, we must leave the old life behind.
2. Repentance is the hardest part of coming to Christ, because the effort is mine.
3. Don't look back. **Luke 9:62**
4. Look to Jesus and win the race.