

# Repentance as Re-Alignment

## Noticing the Story I'm Living In

Take a moment to settle.

This is not a performance.

You are not fixing yourself.

You are paying attention.

## 1. What's Happening Beneath the Surface

Right now, without filtering or correcting yourself, write what feels true in your body and mind.

- What emotions are most present right now? (For example, tired, anxious, guarded, numb, hopeful, frustrated)
- Where do you feel tension or heaviness in your body?
- What situation, memory, or relationship has been most on your mind this week?

## 2. The Old Repentance Pattern

Many of us were taught that repentance meant feeling bad enough to be acceptable again. Answer honestly, no editing.

- When I think about repentance, my instinct is to:
- When I mess up, my first internal response is usually:
- Growing up, repentance was modeled for me as:

## 3. Identifying the Inner Voice

There is almost always a voice interpreting your experience. Write the sentences, not just the ideas.

- When I feel like I've failed, the voice in my head says:
- That voice sounds most like: (a parent, a pastor, myself, God, no one in particular)
- That voice tends to push me toward: (hiding, fixing, over-promising, withdrawing, performing, numbing)

Pause here.

Take a breath before moving on.

## 4. Naming the Belief, Not the Behavior

Instead of asking "What did I do wrong?" ask this. Complete the sentence slowly.

- Right now, I may be believing that God is:
- Right now, I may be believing that I am:
- Right now, I may be believing that change only happens if:

You are not deciding whether these beliefs are right or wrong yet. You are noticing them.

## 5. Inviting a New Way of Seeing

Place one hand on your chest.

Read the question below, then write whatever comes without forcing clarity.

“Father, what am I believing right now that isn’t true about You or about me?”

- What surfaces when you ask that question?
- What feels exposed, tender, or resistant?
- What feels relieving, even slightly?

## 6. Re-Alignment, Not Resolution

You do not need a solution today.

You are allowed to leave this unfinished.

Complete these sentences gently.

- If repentance is changing the way I see, then today I am being invited to release:
- A truer, kinder, more honest thought I might practice holding is:
- One simple sentence I want to carry with me this week is:

## Closing Reflection

Repentance is not earning your way back. You were never sent away.

It is letting go of a false story and returning to what has been true all along.

Sit with that.



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*If this worksheet surfaced something,  
you don't have to carry it alone.*