

A butterfly is formed from numerous sharp, broken shards of iridescent glass. The shards are arranged to mimic the wings and body of a butterfly, resting on a dark, granular surface. The glass has a rainbow-like sheen, with colors ranging from deep blues and purples to bright yellows and oranges. The background is a dark, textured surface, possibly asphalt or a similar material, with many small, broken glass shards scattered around the central butterfly.

# Transformation Workbook

This is a companion workbook to Gary Delay's book *Transformation Truths*.

Please refer to the book for an explanation of why the actions described in this workbook are important.

Eliminate the Obstacles to Your  
Relationship with God and Others

**GARY DELAY**



# Goal of Transformation

## What is Repentance?

Repentance offers Christians new life, but some see it only as admitting guilt and facing condemnation, missing the true Spirit-led process. Traditionally, you may think of repentance as asking God for forgiveness and saying, “I repent in the name of Jesus. Amen.” But repentance involves a lifestyle change—turning away from sin—and is the work of the Holy Spirit to transform you, not just a prayer or self-discipline.



People hesitate to talk about repentance because of guilt and condemnation. Jesus meant it as a call to live a righteous life “for the kingdom of heaven is at hand” (**Matthew 4:17**). He calls you to change. Now, today, you're meant to live in the Kingdom of God, which involves building genuine relationships with God and others to receive “righteousness, peace, and joy in the Holy Spirit” (**Romans 14:17, NKJV**).

**Matthew 4:17, NKJV:** “From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven is at hand.””

**Romans 14:17, NKJV:** “for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.”

Repentance guides you to become kingdom-minded today. This mindset focuses on God and others rather than on self or worldly desires. It's not just your future destination in heaven; you can adopt a kingdom-minded life now. You were born again (saved) to live in the kingdom as a new creation now (**Corinthians 5:17, NKJV**). Start building a relationship with God today.

**2 Corinthians 5:17, NKJV:** “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.”



## When is Repentance Necessary?

Repentance is a positive force that helps you live a better life. When you repent, the world notices because you're not participating in fleshly behaviors. It's challenging to maintain a repentant attitude in a world that embraces sin and influences your behavior. Are you ready to enter that society with repentance behind you? This new, born-again person. Tomorrow morning, as you step out into a world ripe with temptation, your flesh may want to comply with the sin that accompanies it. Resist the "old man" and do not serve sin. When you repent, you reject the worldview and change your actions, words, and lifestyle. Forgiveness prepares for repentance, which is a firm decision not to sin anymore. Walking in forgiveness isn't enough; true repentance involves crucifying the old self (**Romans 6:6, NKJV**).

**Romans 6:6, NKJV:** "Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin."

## How Do I Walk in Repentance?

What leads to repentance and transformation is your relationship with the Holy Spirit. According to Jesus, the Holy Spirit is the one speaking today. If you're not in the right relationship with God the Father, the Holy Spirit will address that first. He is the Spirit of truth (**John 16:13, NKJV**).



For further explanation of why this is important, see the book **Transformation Truths**.

**John 16:13, NKJV:** "However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come."

The Spirit expresses the Father's words; He's your friend and dwells in you as your temple. What's holding you back? God's Word frees you. With the Holy Spirit, your thoughts align with God's, bringing grace, love, and communion with the right choices (**2 Corinthians 13:14, NKJV**). He offers peace and freedom when you move from past choices.

**2 Corinthians 13:14, NKJV:** "The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all."

How many times have you heard: Forgive and repent? You say the words, but don't truly repent because you're still facing the same problem. Repentance isn't just words. Can you truly repent and live a Kingdom lifestyle? Doing it alone brings condemnation, shame, and guilt. You may stop approaching God out of embarrassment. True repentance involves transformation, which in turn leads to greater repentance.

You may understand repentance intellectually but struggle to apply it in your daily life. Walking in repentance requires a sound mind (**2 Timothy 1:7, NKJV**) and attentiveness to the Holy Spirit, with “ears to hear” (**Matthew 13:9, NKJV**). With the Holy Spirit as your helper and the love of your Father and the grace of the Lord Jesus Christ, applying repentance brings health, peace, and joy. Be transformed to walk in repentance.

**2 Timothy 1:7, NKJV:** “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

**Matthew 13:9, NKJV:** “He who has ears to hear, let him hear!”

**ALWAYS REMEMBER: [INSERT YOUR NAME] IS A BELOVED  
CHILD OF GOD!  
STOP: ASK THE HOLY SPIRIT FOR GUIDANCE. NOW BE  
STILL AND LISTEN.**



# Transform into Repentance

Throughout this week, ask the Holy Spirit and then listen for any area in your life in which you need to repent and start kingdom-living. Use the space below to record the areas where you are told you need to change your life. Pray the prayer at the bottom of the page in the name of the Lord Jesus Christ and walk in repentance!

Look for measurable results.

Action requiring Repentance	Measurable Results

**FATHER, as promised in your word, send the Holy Spirit, the helper, to teach me and bring into remembrance any area where I need to repent and change my life. With your help, I repent from (action). In Jesus' name I pray.- Amen**





# Reflections

1. Kingdom-living involves building \_\_\_\_\_ relationships with God and others to receive “\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ in the Holy Spirit”  
**(Romans 14:17, NKJV).**

2. What are examples of kingdom-living today?

3. When you repent, you reject the \_\_\_\_\_ and change your \_\_\_\_\_, and \_\_\_\_\_.

4. How is repentance different from forgiveness?

**Romans 6:6, NKJV:** *“Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.”*

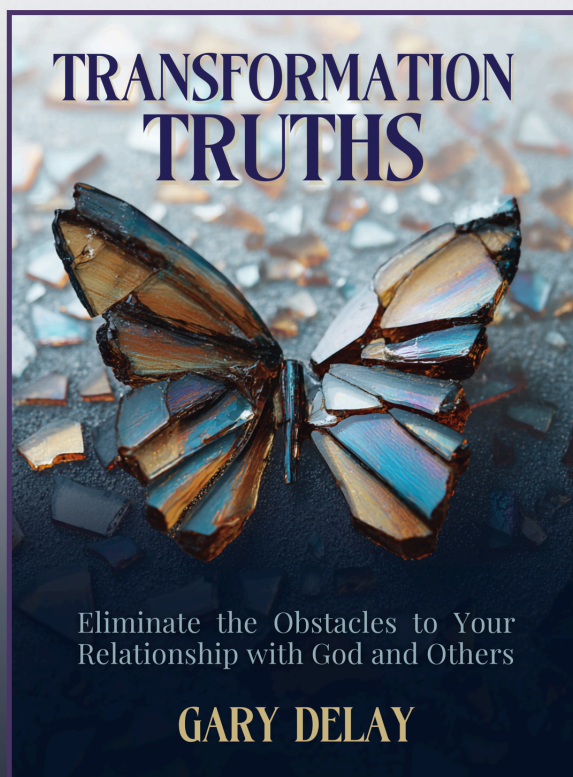
5. What is the “old man” and what does it mean that it is crucified? **(Romans 6:6, NKJV)**

6. Who guides you through repentance?

7. Walking in repentance requires a \_\_\_\_\_ **(2 Timothy 1:7, NKJV)** and \_\_\_\_\_ to the Holy Spirit, with “\_\_\_\_\_” **(Matthew 13:9, NKJV).**



# GARY DELAY MINISTRIES



Transformation Ministry helps you navigate through life's storms and issues by applying God's Word and developing a relationship with the Holy Spirit. This ministry removes the obstacles that stand in the way of your relationship with the Lord.

This book contains biblical truths that will transform every area of your life - body, soul, and spirit. Apply God's truth in the area of need in your life today! And experience new freedom in Him!

Thousands of people have been healed and restored through this ministry.

[www.garydelayministries.com](http://www.garydelayministries.com)

