



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

Chapter 3

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 merely a prayer or self-discipline. Walking in repentance is the goal of Transformation.



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, NKJV**). He calls you to change your life. 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.”

The kingdom-minded 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 today in the kingdom as a new creation (**Corinthians 5:17, NKJV**).

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 change that occurs when the Holy Spirit helps you live a better life and is necessary when you recognize that you have sinned or broken God’s law. It’s challenging to maintain a repentant attitude in a world that embraces sin and influences your behavior. When you repent, the world will notice that you are not participating in fleshly behaviors or in the old self, and it will try to persuade you to return to sinful behavior.

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

Como persona nueva y renacida, ¿estás preparado para entrar en ese entorno con el arrepentimiento a tus espaldas? Tomorrow morning, as you step into a world ripe with temptation, your flesh may want to give in to 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. It is a firm decision not to sin anymore. Forgiveness prepares the way for repentance, but it 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**).

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 speaks the Father's words; He's your friend and dwells in you. 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 through righteous choices (**2 Corinthians 13:14, NKJV**). He offers peace and freedom as you move beyond past choices, transforming your will.

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 you 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 on your own? Doing it alone brings condemnation, shame, and guilt. Ask the Holy Spirit for guidance, and if prompted find a fellow believer who will support and encourage you. Don't stop approaching God out of fear 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” (calm, peaceful, self-controlled) (**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.**





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. Why is it a challenge to maintain a repentant attitude?
4. When you repent, you reject the _____ and change your _____, and _____.
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 _____ (calm, peaceful, self-control) (**2 Timothy 1:7, NKJV**) and _____ to the Holy Spirit, with “_____” (**Matthew 13:9, NKJV**).

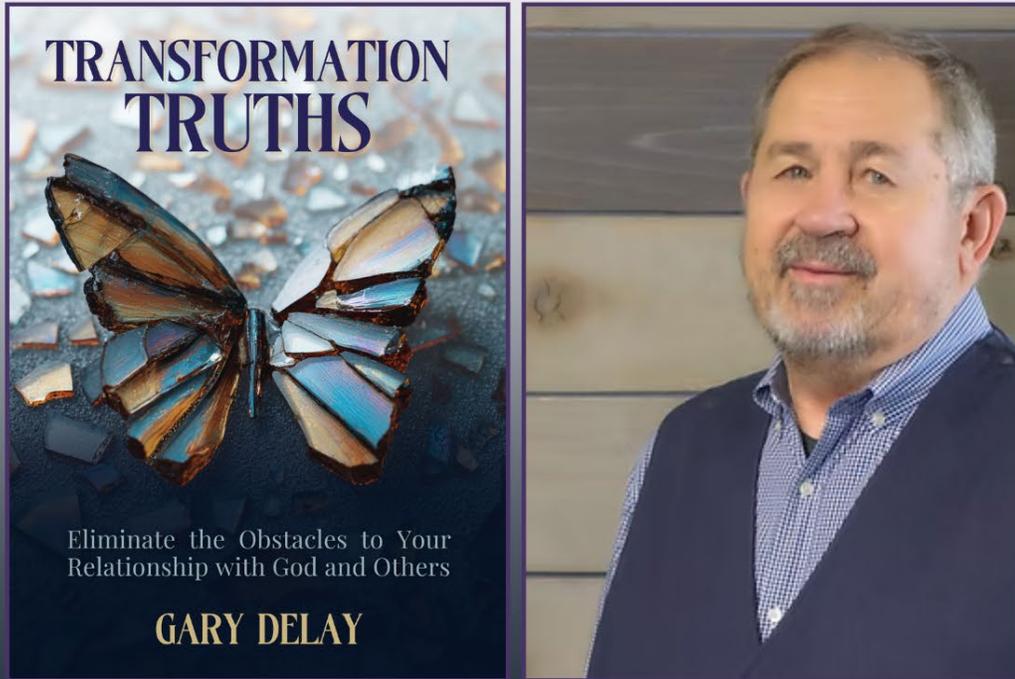
Going Deeper

The Greek word for “repent” is μεταμορφώ (metamorphoō). It means to “change into another form, to transform, to transfigure” according to Strong’s Concordance (G3339).

1. How is repentance different from forgiveness?
2. If you find yourself cycling back through the same issues, have you truly repented?
3. Paul contrasts “a spirit of fear” with one of love, power, and a “sound mind”. Why are these mutually exclusive? (**2 Timothy 1:7**)

Verses for further discussion: **Acts 3:19-21, Mark 1:15, 2 Cor. 5:17, Rom. 7:15-17**

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.

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