

Scriptural Checklist of Characteristics of Godly Repentance.

Ken E Murray 2nd April 2024

This has been a personal method of “examining” myself before Passover and at other times during the year, especially on personal days of fasting and prayer.
(1 Cor 11:28, 2 Cor 13:5)

1Corinthians 11:28 But let a man **examine** himself, and so let him eat of the bread and drink of the cup.

11:29 For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body.

2 Corinthians 13:5 **Examine** yourselves as to whether you are in the faith. **Test** yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you be disqualified, like a reprobate.

It is important when we “examine ourselves” and fast, that we REPENT of our sins, otherwise it is just a day without food and drink.

Nehemiah 1:4 So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was **fasting and praying** before the God of heaven.

Neh 1:5 And I said: "I pray, LORD God of heaven, O great and awesome God, You who keep Your covenant and mercy with those who love You and observe Your commandments,

Neh 1:6 please let Your ear be attentive and Your eyes open, that You may hear the prayer of Your servant which I pray before You now, day and night, for the children of Israel Your servants, **repent** and **confess the sins** of the children of Israel which we have **sinned** against You. Both my father's house and **I have sinned**.

Neh 1:7 We have acted very corruptly against You, and have not kept the commandments, the statutes, nor the ordinances which You commanded Your servant Moses.

Joel 2:12 "Now, therefore," says the LORD, "Turn to Me with all your heart, With **fasting**, with weeping, and with mourning."

2:13 So rend your heart, and not your garments; **Return to the Lord your God**, For **He is gracious and merciful**, Slow to anger, and of great kindness; And He relents from doing harm.

Hebrews 4:12 For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a **discerner of the thoughts and intents** of the heart.

4:13 And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.

The following verses below, have been collected by me over the decades and noted beside Isaiah 58 instructions on how to fast and repent of our sins, which separate us from God (Isaiah 59:1-2).

On our knees praying to God, read and meditate upon these scriptures, asking God for insight and guidance in seeing what sinful leaven needs to be removed and what unleaven of Jesus Christ's mind needs to replace it.

Putting **my own name "Ken" or Your name** into these verses to help magnify the importance of the areas that need repentance and changing to the mind, words, and actions of Jesus Christ and God our Father.

1. Philippians 2:5 Let this **mind** be in you which was also in Jesus Christ.
2. Psalm 26:2 **Examine** me, O LORD, and **prove** me; **Try my mind and my heart**.
3. 2 Corinthians 7:10 For godly sorrow **produces repentance** leading to salvation, not to be regretted; but the sorrow of the world produces death.

7:11 For observe this very thing, that you sorrowed in a godly manner: What **diligence** it produced in you, what **clearing** of yourselves, what **indignation**, what fear, what **vehement desire**, what **zeal**, what **vindication** and **revenge**! In all things you proved yourselves to be clear in this matter.

4. Titus 3:1 Remind them to be subject to rulers and authorities, to obey, to be ready for every good work,

3:2 to **speak evil of no one**, to be **peaceable, gentle**, showing all humility to all men.

Titus

3:3 For we ourselves were also once **foolish**, disobedient, deceived, serving various **lusts** and pleasures, living in **malice** and **envy**, hateful and hating one another.

3:4 But when the **kindness** and the love of God our **Savior** toward man appeared,

3:5 not by works of righteousness which we have done, but according to His **mercy** He saved us, through the washing of regeneration and **renewing of the Holy Spirit**,

3:6 whom He poured out on us abundantly through Jesus Christ our Savior,

3:7 that having been **justified by His grace** we should become heirs according to the hope of eternal life.

5. Proverbs 6:16 These six things the LORD hates, Yes, seven are an abomination to Him:

6:17 A **proud** look, A **lying** tongue, Hands that **shed** innocent blood,

6:18 A heart that devises **wicked imaginations**, Feet that are swift in **running to evil**,

6:19 A **false witness** who speaks lies, And one who **sows discord** among brethren.

6. Galatians 5:16 I say then: **Walk in the Spirit**, and you shall not fulfill the lust of the flesh.

5:19 Now the works of the flesh are evident, which are: **adultery, fornication, uncleanness, lewdness**,

5:20 idolatry, **sorcery, hatred, contentions, jealousies**, outbursts of **wrath**, selfish ambitions, **dissensions, heresies**,

5:21 **envy, murders, drunkenness, revelries**, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God.

5:22 But the fruit of the Spirit is **love, joy, peace, patience, longsuffering, kindness, goodness, faithfulness,**

5:23 **meekness, gentleness, self-control**. Against such there is no law.

5:24 And those who are Christ's have crucified the flesh with its passions and desires.

5:25 If we live in the Spirit, let us also **walk in the Spirit**.

5:26 Let us not become **conceited, provoking** one another, **envying** one another.

7. Psalm 15:1 A Psalm of David. LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill?

15:2 He who walks **uprightly**, And **works righteousness**, And speaks the **truth** in his heart;

15:3 He who does **not backbite** with his tongue, Nor does **evil** to his neighbour, Nor does he take up a **reproach** against his friend;

15:4 In whose eyes a **vile** person is despised, But he honours those who **fear the LORD**; He who **swears to his own hurt** and does not change;

15:5 He who does not put out his money at **usury**, Nor does he take a **bribe** against the innocent. He who does these things shall never be moved.

8. Proverbs 8:13 The fear of the LORD is to **hate evil; Pride and arrogance** and the **evil way** And the **perverse mouth** I hate.

9. 2 Timothy 2:19 Nevertheless the solid foundation of God stands, having this seal: "The Lord knows those who are His," and, "Let everyone who names the name of Christ **depart from iniquity**."

2Ti 2:20 But in a great house there are not only vessels of **gold** and silver, but also of wood and clay, some for honour and some for dishonour.

2Ti 2:21 Therefore if anyone cleanses himself from the latter, he will be a **vessel for honour**, sanctified and useful for the Master, prepared for every good work.

2:22 Flee also youthful **lusts**; but **pursue righteousness, faith, love**, peace with those who call on the Lord out of a pure heart.

2:23 But **avoid** foolish and ignorant **disputes**, knowing that they generate strife.

2:24 And a servant of the Lord **must not quarrel** but be **gentle** to all, able to **teach, patient,**

2:25 in **humility** correcting those who oppose themselves, if God perhaps will grant them repentance, so that they may know the truth,

2:26 and that they may come to their senses and escape the snare of the devil, having been taken captive by him to do his will.

10. 2Ti 3:1 But know this, that in the last days perilous times will come:

3:2 For men will be **lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient** to parents, **unthankful, unholy,**

3:3 **unloving, unforgiving, slanderers, without self-control, brutal, despisers of good,**

3:4 **traitors, headstrong, haughty, lovers of pleasure rather than lovers of God,**

3:5 having a form of godliness but denying its power. And from such people turn away!

3:6 For of this sort are those who creep into households and make captives of gullible women loaded down with sins, led away by various lusts,

3:7 always learning and never able to come to the knowledge of the truth.

11. 1 Corinthians 13:4 **Love suffers long** and is **kind**; love does **not envy**; love does **not parade itself, is not puffed up**;

13:5 does **not behave rudely, does not seek its own, is not provoked, thinks no evil**;

13:6 does **not rejoice in iniquity, but rejoices in the truth**;

13:7 **bears all things, believes all things, hopes all things, endures all things.**

13:8 **Love never fails.** But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away.

12. Mark 7:20 And He said, "What comes out of a man, that defiles a man.

21 For from within, out of the heart of men, proceed **evil thoughts, adulteries, fornications, murders,**
22 **thefts, covetousness, wickedness, deceit, lewdness,** an evil eye,
blasphemy, pride, foolishness.
23 All these evil things come from within and defile a man."

13. James 3:17 But the wisdom that is from above is first **pure**, then **peaceable, gentle, willing to yield, easy to be entreated,** full of **mercy** and **good fruits, without partiality** and **without hypocrisy.**
3:18 Now the **fruit of righteousness** is sown in peace by those who make **peace.**
14. Colossians 3:1 If then you were raised with Christ, **seek those things which are above**, where Christ is, sitting at the right hand of God.
3:2 Set your mind on things above, not on things on the earth.
3:3 For you died, and your life is hidden with Christ in God.
3:4 When Christ who is our life appears, then you also will appear with Him in glory.
3:5 Therefore put to death your members which are on the earth: **fornication, uncleanness, passion, evil desire, and covetousness,** which is **idolatry.**
3:8 But now you yourselves are to put off all these: **anger, wrath, malice, blasphemy, filthy language** out of your mouth.
3:9 Do **not lie** to one another, since you have put off the old man with his deeds,
3:10 and have **put on the new man** who is renewed in knowledge according to **the image of Him** who created him,
3:12 Therefore, as the elect of God, holy and beloved, put on tender **mercies, kindness, humility, meekness, longsuffering;**
3:13 **bearing** with one another, and **forgiving** one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.
3:14 But above all these things **put on love**, which is the bond of perfection.

3:15 And let the **peace of God** rule in your hearts, to which also you were called in one body; and **be thankful**.

3:16 Let the word of Christ dwell in you richly in all **wisdom**, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

3:17 And whatever you do in word or deed, **do all in the name of the Lord Jesus, giving thanks** to God the Father through Him.

15. Philippians 4:8 Finally, brethren, whatever things are **true**, whatever things are **noble**, whatever things are **just**, whatever things are **pure**, whatever things are lovely, whatever things are of **good report**, if there is any **virtue (character)** and if there is anything **praiseworthy—meditate on these things**.

16. James 1:19 So then, my beloved brethren, let every man be **swift to hear, slow to speak, slow to wrath**;

1:20 for the wrath of man does not produce the righteousness of God.

1:21 Therefore lay aside all **filthiness** and overflow of **wickedness**, and receive with meekness the **implanted word**, which is able to save your souls.

1:22 But be **doers of the word**, and not hearers only, deceiving yourselves.

1:23 For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror;

1:24 for he observes himself, goes away, and immediately forgets what kind of man he was.

1:25 But he who **looks into the perfect law of liberty** and **continues** in it, and is not a forgetful hearer but a **doer of the work**, this one will be blessed in what he does.

1:26 If anyone among you thinks he is religious, and does not **bridle his tongue** but deceives his own heart, this one's religion is useless.

1:27 Pure and undefiled religion before God and the Father is this: to **visit orphans and widows** in their trouble, and to keep oneself **unspotted** from the world.

17. Eph 4:22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,
4:23 and be **renewed in the spirit of your mind**,
4:24 and that you put on the new man which was created according to God, in true righteousness and holiness.
4:25 Therefore, putting away lying, "LET EACH ONE OF YOU SPEAK **TRUTH WITH HIS NEIGHBOR**," for we are members of one another.
4:26 "BE ANGRY, AND DO NOT SIN": do not let the sun go down on your wrath,
4:27 **nor give place to the devil**.
4:28 Let him who stole **steal no longer**, but rather let him labour, working with his hands what is good, that he may have something to give him who has need.
4:29 Let **no corrupt word** proceed out of your mouth, but what is good for necessary edification, that it may impart **grace** to the hearers.
4:30 And **do not grieve the Holy Spirit of God**, by whom you were sealed for the day of redemption.
4:31 Let all **bitterness, wrath, anger, clamour**, and evil **speaking** be put away from you, with all **malice**.
4:32 And be **kind** to one another, **tenderhearted, forgiving** one another, even as God in Christ forgave you.
18. Luk 5:35 But the days will come when the bridegroom will be taken away from them; then they **will fast in those days**."
5:36 Then He spoke a parable to them: "No one puts a piece from a new garment on an old one; otherwise the new makes a tear, and also the piece that was taken out of the new does not match the old.
5:37 And no one puts new wine into old wineskins; or else the new wine will burst the wineskins and be spilled, and the wineskins will be ruined.
5:38 But **new wine must be put into new wineskins**, and both are preserved.
19. 2 Chronicles 7:14 if My people who are called by My name will **humble** themselves, and **pray** and seek My face, and **turn** from their wicked ways, then I will hear from heaven, and will **forgive** their sin and **heal** their land.

20. Psalm 34:18 The LORD is near to those who have a **broken heart**,
And saves such as have a **contrite repentant spirit**.

Psalm 51:17 The sacrifices of God are a **broken spirit**, A broken and a
contrite repentant heart—These, O God, You will not despise.

Isaiah 57:15 For thus says the High and Lofty One Who inhabits eternity,
whose name is Holy: "I dwell in the high and holy place, With him who has
a contrite and humble spirit, To revive the spirit of the humble, And to
revive the heart of the contrite ones.

Isaiah 66:2 For all those things My hand has made, And all those things
exist," Says the LORD. "But on this one will I look: On him who is **poor**
and of a contrite spirit, And who trembles at My word.

21. Ezra 8:21 Then I proclaimed a **fast** there at the river of Ahava, that
we might humble ourselves before our God, to seek from Him the right way
for us and our little ones and all our possessions.

Ezra 10:1 Now while Ezra was **praying**, and while he was **confessing**,
weeping, and bowing down before the house of God, a very large assembly
of men, women, and children gathered to him from Israel; for the people
wept very bitterly.

22. 2 Peter 1:4 by which have been given to us exceedingly great and
precious promises, that through these you may be partakers of the **divine**
nature, having escaped the corruption that is in the world through lust.

1:5 But also for this very reason, giving all diligence, add to your **faith**
virtue (godly character), to virtue **knowledge**,

1:6 to knowledge **self-control**, to self-control **perseverance**, to
perseverance **godliness**,

1:7 to godliness **brotherly kindness**, and to brotherly kindness **love**.

1:8 For if these things are yours and abound, you will be neither barren nor
unfruitful in the knowledge of our Lord Jesus Christ.

1:9 For he who lacks these things is shortsighted, even to blindness, and
has forgotten that he was cleansed from his old sins.

1:10 Therefore, brethren, be even more diligent to **make your calling and election sure**, for if you do these things you will never stumble;

23. 1 Corinthians 6:9 Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither **fornicators**, nor **idolaters**, nor **adulterers**, nor **homosexuals**, nor **sodomites**,
6:10 nor **thieves**, nor **covetous**, nor **drunkards**, nor **revellers**, nor **extortioners** will inherit the kingdom of God.

6:11 And such were some of you. But you were washed, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

24. 1 Peter 2:1 Therefore, laying aside all **malice**, all **deceit**, **hypocrisy**, **envy**, and all **evil speaking**,
2:2 as newborn babes, desire **the pure milk of the word**, that you may grow thereby,

25. Rom 1:28 And even as they did not like to retain God in their knowledge, God gave them over to a **debased mind**, to do those things which are not fitting;
1:29 being filled with all **unrighteousness**, sexual **immorality**, **wickedness**, **covetousness**, **maliciousness**; full of **envy**, **murder**, **strife**, **deceit**, **evil-mindedness**; they are **whisperers**,
1:30 **backbiters**, **haters of God**, **violent**, **proud**, **boasters**, **inventors of evil things**, **disobedient** to parents,
1:31 **undiscerning**, **untrustworthy**, **unloving**, **unforgiving**, **unmerciful**;
1:32 who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.

26. Ezekiel 18:4 "Behold, all souls are Mine; The soul of the father As well as the soul of the son is Mine; **The soul who sins shall die**.
18:5 But if a man is **just** And does what is **lawful** and **right**;

18:6 If he has not eaten on the mountains, Nor lifted up his eyes to the **idols** of the house of Israel, Nor defiled his neighbour's wife, Nor approached a woman during her impurity;

18:7 If he has not oppressed anyone, But has restored to the debtor his pledge; Has **robbed no one** by violence, But has **given his bread** to the hungry And **covered the naked with clothing**;

18:8 If he has **not exacted usury** Nor taken any increase, But has **withdrawn his hand from iniquity** And executed **true judgment** between man and man;

18:9 If he has **walked in My statutes**—And **kept My judgments** faithfully—He is **just**; He shall surely live!" Says the Lord GOD.

27. READ Matthew Chapters 5, 6 & 7

28. Zechariah 7:9 "Thus says the LORD of hosts: 'Execute true **justice**, Show **mercy** and **compassion** Everyone to his brother.

7:10 **Do not oppress the widow** or the **fatherless**, The **alien or the poor**. Let none of you plan evil in his heart Against his brother.'

29. Zechariah 8:16 These are the things you shall do: Speak each man the **truth** to his neighbour; Give **judgment** in your gates for truth, **justice**, and **peace**;

8:17 Let **none of you think evil in your heart against your neighbour**; And do not love a **false oath**. For all these are things that I hate,' Says the LORD."