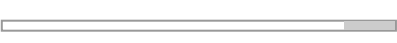


Repentance is Not About Your Behavior

Prefer listening? Hit play and follow along. 

? Read Aloud

Yeah, that headline might shock some people, but don't judge yet. Read on. It's a transcript of a video by [@hfdministries](#) that I agree with. It'll change how you think of repentance, and it also easier because you're agreeing with what Jesus did – not you trying to make it right yourself:

You've probably heard repentance defined as turning from your sin or stopping a bad behavior or doing it like a complete moral 180. When you look at the word "repentance" in the Greek, you actually don't find anything about behavior change.

So let me show you the Greek word is metanoia and meta means "change or beyond" and then noia from nous means "mind." Metanoia literally means a **change of mind not a change of behavior**. That's the actual word that Jesus and John and Paul all used when they said repent.

They're not saying stop sinning. They're saying think differently. And this changes everything about how you read Mark 1:15 which is Jesus's first recorded public words when he said the time is fulfilled and the kingdom of God is at hand repent believe the gospel.

He says repent and believe which are practically synonyms in that sentence. It's not repent and then earn your way to belief through better behavior. It's change your mind and believe this good news. It's two sides of the same coin.

If repentance was behavior modification, **it would be exhausting and endless and always incomplete** because nobody can ever perfect their behavior permanently on this side of eternity. But if repentance is a change of mind that's something that can actually be finished in a moment because you believe the lie about who God is and what he's like and about who you actually are and then you didn't believe that lie. That's repentance.

This isn't about forced continuous behavior correction at all. This is about a mind that used to think one way about God and now thinks a completely different way about him and themselves. And what's beautiful about all that is that behavior change just moves to where it actually belongs – downstream. Because **once your mind actually changes about who God is and about who you are in him, behavior follows naturally.**

Just like the same way of fruit follows a healthy root – you don't repent by fixing the fruit, you repent by changing what you believe at the root and everything else just follows from there.

So what does repentance look like after the initial shift to believe the gospel? It's still not behavior modification. It's just the same thing – just ongoing, Every time you catch yourself slipping back into an old lie, believing you have to earn something, or believing God's disappointed, or believing you're on your own, etc., you know, whatever the lie might be, **repentance is simply the course correction back to what's actually true.**

That's why **repentance is isn't a one-time event followed by a lifetime of behavioral maintenance.** It's a mind continually returning home whenever it drifts, correcting back to truth, not correcting behavior directly. The behavior was never the target to begin with It was always just what a mind aligned with truth naturally produces.

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