

What a Relief

"Rhythms of Life" Sermon Series

Pastor Adrian Schoonmaker

December 4 & 7, 2025



1. What part of Acts 3:19 stood out to you most when thinking about repentance?
2. Why do you think God commands repentance rather than simply suggesting it?
3. How have you experienced God's kindness in leading you to repentance?
4. What makes "turning to God" more than just changing behavior?
5. Which misguided idea about repentance do you think Christians most often fall into?
6. How can we recognize the difference between true and false repentance in our own hearts?
7. Where have you personally experienced the "times of refreshing" that come from obedience?
8. What step of repentance might God be inviting you to take this week?