



THE INGREDIENTS OF A CHANGED HEART

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**Are we living up to our profession of faith?
How easy is it to become a Christian?
How far does “REPENTANCE FROM SIN” GO?
Is the Fruit of the Spirit the same as
the “Fruits of Repentance?”**

WHAT KIND OF FRUIT ARE YOU PRODUCING?

*Matthew 3:8, “Therefore bear fruits worthy of repentance...” NKJV.
Consistent with Repentance; in keeping with repentance (other translations).*

“Bear fruit worthy of repentance” means demonstrating genuine repentance through visible changes in behavior, actions, and character that reflect a transformed heart aligned with God.

“That *if* you will confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.”
Romans 10:9

Romans 12:1-2, “I beseech (urge) you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is your reasonable service.* ² And do not be conformed to this world, **but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”**

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

Matthew 9:13, “But go and learn what this means: ‘I desire mercy and not sacrifice.’ For I did not come to call the righteous, but sinners, to repentance.”

NOTES FOR OUR RECIPE BOOK (INGREDIENTS OF A CHANGED HEART)

1. Belief in a Resurrected Savior (Jesus, God the Father’s Only Son)
2. An Acknowledgment to God of Sin in Our Life
3. **Repent of our Sin and Turn to God for Our Spiritual and Emotional Healing**
4. Prayer: A Request of God to Forgive Our Sin (The heart of sin appropriated and acted out in this fallen world)
5. Confessing With Our Mouth to God the Personal Sins We Have Committed
6. Ask God Personally to Free Us from the Chains of Sin in Our Lives
7. Forgive Ourselves
8. Faith Above “See” Level
9. Don’t Look Back
10. **Produce Fruit!**

John the Baptist called people to **produce fruit consistent with repentance** as he prepared Israel for the coming Messiah (Matthew 3:5–8). *Matthew 3:1-2*, “In those days John the Baptist came preaching in the wilderness of Judea, ² and saying, “Repent, for the kingdom of heaven is at hand.”

John emphasized that repentance is not merely an internal feeling of remorse but must result in tangible evidence of turning away from sin and toward God.

Meaning of "Fruit" = The metaphor of fruit represents **visible evidence of a changed life**. *Just as a healthy tree naturally produces good fruit, a truly repentant person will naturally exhibit good deeds, righteous living, and godly character. This, of course, would include the fruit of the Spirit described in Galatians 5:22-23: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These qualities are outward manifestations of an inward transformation and a life abiding in Christ (John 15:4-5) gotQuestions.org.*

NOTE: The difference between the “**Fruits** worthy of Repentance” mentioned in Matthew 3:8 and the “Fruit of the Spirit” has to do with the ingredients being stirred separately into the recipe and the mixed ingredients ready to be poured into the recipe.” We are to bear fruits worthy of repentance...and when it is already mixed by the Spirit of God (the Holy Spirit), it is complete and ready for our use and manifestation as directed by the Holy Spirit.

We appropriate both the fruits and the fruit...by asking and acting upon the gifts).

Appropriate = to set apart for or assign to a particular purpose or use.

Practical Implications = “Bearing Fruits Worthy of Repentance”

1. **Must Observe a Behavioral Change:** *A genuine repentance requires turning away from sinful actions and **choosing to take up** behaviors that honor and please the Holy God (Show respect for what He has given to us).*
2. **Exhibit Faith in Action:** *Repentance is demonstrated through acts of service, love, and obedience, showing that faith is alive and active.*
3. **Maintain a Continuing/Ongoing Transformation:** *Bearing fruit/fruits is a continuous process, reflecting a life progressively in line with God’s will, not just a one-time act.*
4. **Reflecting a Life Dependent on Christ:** *True fruitfulness comes from abiding in Jesus, the vine; apart from Him, no lasting spiritual fruit can be produced.*

Summary

To bear fruit(s) in keeping with repentance is to allow repentance to manifest within us in that our actions reflect our personal testimony.

This should be noticeable in specific, observable ways through moral integrity, spiritual growth, and acts of love and service.

IT IS A CALL FOR OUR LIVES TO BE AUTHENTIC...IN THAT WE ARE DEMONSTRATING THAT OUR HEART HAS TRULY TURNED FROM SIN AND TOWARD GOD, GLORIFYING HIM THROUGH A TRANSFORMED LIFE GotQuestions.org. [Bible Hub](http://BibleHub.com)

NOTABLE QUOTES CONCERNING REPENTANCE AND THE FRUITS OF REPENTANCE:

- ✓ *Regeneration is not a religious label placed over the same old life. When God gives life to a dead sinner, that life begins to show itself. Not in sinless perfection, not in flawless obedience, but in repentance, faith, love for Christ, grief over sin, hunger for righteousness, and a real desire to obey God.*
 - ✓ *A true believer may stumble, grieve, struggle, and fall, but he cannot make peace with sin as a settled way of life. The Spirit of God will not leave His people comfortable in rebellion.*
 - ✓ *Fruit does not save us. Christ saves us. But fruit shows that the saving root of grace is alive within us.*
 - ✓ *The idea of “bearing fruit” is indeed a powerful one. Fruit isn’t something a tree forces out in a single moment. On the contrary, it grows naturally when the tree is healthy and rooted. In the same way, when we truly repent—when we turn away from sin and align ourselves with God’s will—our lives indeed begin to reflect that change.*
 - ✓ *Bearing fruit isn’t about perfection—it’s about progress.*
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“BEARING FRUIT OF REPENTANCE” SIMPLY MEANS A CONTINUING PROCESS OF THANKING GOD FOR SAVING US FROM OUR ETERNAL SEPARATION FROM A LOVING GOD AND HIS HOME OF JOY AND PEACE.

Used some information from:

- ✓ [GotQuestions.org](https://www.gotquestions.org/).
- ✓ [Bible Hub.com, Matthew 3:8 Produce fruit, then, in keeping with repentance.](https://www.biblehub.com/matthew/3/8/)
- ✓ [CompellingTruth.org](https://www.compellingtruth.org/)
- ✓ <https://thetree.church/blog/2025/09/26/bearing-fruit-in-keeping-with-repentance>