Jeremiah 25:5-6

They said, 'Repent now everyone of his evil way and his evil doings, and dwell in the land that the LORD has given to you and your fathers forever and ever. Do not go after other gods to serve them and worship them, and do not provoke Me to anger with the works of your hands; and I will not harm you.'

"Oh no, there's that dreaded "R" word that I hate when people use it. Yeah that REPENT word. Give me a break and stop using that word."

Is that how you feel when you hear anyone say that you need to repent? Well, if you are offended by that word, then you actually need to repent of being offended by the word repent.

Here in today's devotional verse, this word is used in the Old Testament. Usually we think of it being used in the New Testament, which it is, but it's also used several times in the Old Testament as well.

In today's devotional verse, it's God speaking through the prophet Jeremiah telling the children of Israel that they have been told over and over by the prophets to repent, but they would not listen. And God's response is:

✤ Jeremiah 25:7 ''Yet you have not listened to Me,'' says the LORD, ''that you might provoke Me to anger with the works of your hands to your own hurt.''

Yet even today, so many hate that word and cringe when they hear it, not only non-believers, but believers as well. Why because they know what it really means and they don't really want to do it.

So, what does it really mean? Well, to repent is more than just stopping what you are doing that's wrong, but making a U-turn and also doing what's right.

Some people are okay with stopping certain sins, but to actually do what's right, now they feel like that's asking too much.

What, I have to get up early on Sunday, my day off and go to church? I really need to give 10 percent of my hard earned money back to God? I actually have to be nice to people and forgive others? You want me to read the bible every day. Hey I get up early on Sundays and get my bible fix then, don't tell me that I have to read it every day.

I do admit some sins are hard to get rid of in our lives, there are things I struggle with every day, so you are not alone in your struggle with sin. But to repent is to turn from those sins and do what's right so we don't fall into those sins. Why, because if you just stop doing wrong and don't do anything good to replace it, you will just fall right back into the wrong.

Jesus said:

Matthew 12:43-45 ''When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, 'I will return to my house from which I came.' And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. So shall it also be with this wicked generation.''

Sure, you can turn from your sin, but you also need to replace those sins with the good things of God. Here are three basics that we should all be doing as we repent and turn from our sins.

Simply going to church on Sunday and mid-week or a mid-week bible study or home group. Reading your bible every day.

Spending time in prayer just to talk to God and listen to what He has to say to you.

Those are simple things we didn't do as non-believers, but they are the basics of repenting and doing what is right.

So if you haven't been doing just those few basic things, it's time to repent of not repenting.

✤ Matthew 16:24 (NLT) Then Jesus said to his disciples, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me."