



Cheap vs Real Repentance - 02.08.26

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Hosea 6-7(NIV)

“Come, let us return to the Lord. He has torn us to pieces
but he will heal us; he has injured us
but he will bind up our wounds.

2 After two days he will revive us;
on the third day he will restore us,
that we may live in his presence.

3 Let us acknowledge the Lord; let us press on to acknowledge him.
As surely as the sun rises, he will appear;
he will come to us like the winter rains,
like the spring rains that water the earth.”

4 “What can I do with you, Ephraim? What can I do with you, Judah?
Your love is like the morning mist, like the early dew that disappears.

5 Therefore I cut you in pieces with my prophets,
I killed you with the words of my mouth—
then my judgments go forth like the sun.

6 For I desire mercy, not sacrifice,
and acknowledgment of God rather than burnt offerings.

7 As at Adam, they have broken the covenant;
they were unfaithful to me there.

8 Gilead is a city of evildoers, stained with footprints of blood.
9 As marauders lie in ambush for a victim, so do bands of priests;
they murder on the road to Shechem, carrying out their wicked schemes.
10 I have seen a horrible thing in Israel: There Ephraim is given to prostitution, Israel
is defiled.
11 “Also for you, Judah, a harvest is appointed.
“Whenever I would restore the fortunes of my people,

Chapter 7

Whenever I would heal Israel, the sins of Ephraim are exposed
and the crimes of Samaria revealed. They practice deceit,
thieves break into houses, bandits rob in the streets;
2 but they do not realize that I remember all their evil deeds.
Their sins engulf them; they are always before me.
3 “They delight the king with their wickedness,
the princes with their lies.
4 They are all adulterers, burning like an oven
whose fire the baker need not stir from the kneading of the dough till it rises.
5 On the day of the festival of our king the princes become inflamed with wine, and
he joins hands with the mockers.
6 Their hearts are like an oven; they approach him with intrigue.
Their passion smolders all night; in the morning it blazes like a flaming fire.
7 All of them are hot as an oven; they devour their rulers. All their kings fall, and
none of them calls on me.
8 “Ephraim mixes with the nations; Ephraim is a flat loaf not turned over.
9 Foreigners sap his strength, but he does not realize it.
His hair is sprinkled with gray, but he does not notice.
10 Israel’s arrogance testifies against him, but despite all this
he does not return to the Lord his God or search for him.
11 “Ephraim is like a dove, easily deceived and senseless—
now calling to Egypt, now turning to Assyria.
12 When they go, I will throw my net over them; I will pull them down like the birds in
the sky. When I hear them flocking together,
I will catch them.
13 Woe to them, because they have strayed from me!
Destruction to them, because they have rebelled against me!
I long to redeem them but they speak about me falsely.
14 They do not cry out to me from their hearts but wail on their beds.
They slash themselves, appealing to their gods for grain and new wine,
but they turn away from me.
15 I trained them and strengthened their arms, but they plot evil against me.

16 They do not turn to the Most High; they are like a faulty bow.
Their leaders will fall by the sword because of their insolent words.
For this they will be ridiculed in the land of Egypt.

1. Repentance of Words

Hosea 6:1-3(NIV)

“Come, let us return to the Lord. He has torn us to pieces
but he will heal us; he has injured us
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he will come to us like the winter rains,
like the spring rains that water the earth.”

2. The Weakness of their repentance

Hosea 6:4-6

“What can I do with you, Ephraim? What can I do with you, Judah?
Your love is like the morning mist, like the early dew that disappears.

5 Therefore I cut you in pieces with my prophets,
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6 For I desire mercy, not sacrifice,
and acknowledgment of God rather than burnt offerings

Repentance is NOT:

- Just guilt
- Just regret
- Just sad you got caught
- Just fear of judgment
- Just promising to do better
- Just emotional tears

Matthew 9:13(NIV)

But go and learn what this means: ‘I desire mercy, not sacrifice.’ For I have not come to call the righteous, but sinners.”

Hosea 6:6(NLT)

I want you to show love, not offer sacrifices.

I want you to know me more than I want burnt offerings.

3. Weak repentance is rejected

Hosea 7:14-16

They do not cry out to me from their hearts but wail on their beds.

They slash themselves, appealing to their gods for grain and new wine,
but they turn away from me.

15 I trained them and strengthened their arms, but they plot evil against me.

16 They do not turn to the Most High; they are like a faulty bow.

Their leaders will fall by the sword because of their insolent words.

For this they will be ridiculed in the land of Egypt.

Hebrew (OT): shuv =

“to turn back/return”

Greek (NT): metanoia =

“a change of mind”

4. True Repentance has words & a walk

2 Corinthians 7:8-11(NIV)

Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while— 9 yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us.

10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 11 See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.

The Message:

2 Corinthians 7:11

And now, isn't it wonderful all the ways in which this distress has goaded you closer to God? You're more alive, more concerned, more sensitive, more reverent, more human, more passionate, more responsible. Looked at from any angle, you've come out of this with purity of heart. And that is what I was hoping for in the first place when I wrote the letter.

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