



# The Mar Thoma Church Diocese of North America & Europe Christian Education Forum

## Lenten Meditations

### LIVE WITH A NEW HEART AND NEW SPIRIT

#### **Ezekiel: 18:25-32**

When the children of Israel, were captives in Babylon, they followed their own evil ways and were hard hearted to the warnings of God's prophets.

Their disobedience finally brought God's judgment upon them. In this portion we can understand that, the ways of our Lord is just because He judges "each one according to his ways"(V:30). To save our lives, we have to turn away from our wicked ways (V:27,30) and our salvation comes from repentance, that will provide us with 'a new heart and new spirit' (V:31). As God is merciful and compassionate, He made it clear to His people that, 'He takes no pleasure in the death of anyone' and wants them to 'Repent and Live'(V:32). There are four necessary duties we all are called to do to save ourselves, according to the given passage.

*"Repent! Turn away from all offences :then sin will not be your downfall. Rid yourself of all the offences you have committed and get a new heart and a new spirit"  
Ezekiel 18:31*

#### **1 .We must repent.**

One little boy prayed, "Dear Jesus, "I'm so sorry, I made such a mess in my room today." Then he added," But I sure had fun doing it". Aren't we like this boy? The consequences of messing up with one's life, makes it more miserable than fun. Repentance is being sorry enough to quit the behavior that's causing the mess. It is turning around and not hanging on to our sins and standing humbly before God and admitting that we are wrong. Repentance removes sin from the heart and brings forgiveness

#### **2. A return**

We need to make a U turn, a turn in a reverse direction from our sins and turn to our loving and forgiving God. We have to forsake and turn away from our sin {Ez:18:21-22,2 Tim:2:19}, confess each sin to God{Ps:3:25,1Jn:1:9} and pray to God for forgiveness{2Chro:7:14,Acts:8:22}.

#### **3. A new resolution**

We must abandon and forsake our sins with a resolution never to return to them again, by breaking all the chains we have made with it and throwing and casting it away from us, just as Jonah was thrown out of the ship .We have to destroy all association with our past sins and make restitution where ever possible {Ez: 33:14-16,Lk:19:8}.

#### **4. A regeneration**

We can see God's promise of regeneration, of giving a new heart and a new spirit to His people as we cannot do it ourselves and need a redeemer for that. God, in His amazing grace send His only son to redeem and restore us, as He does not want our death.

**Prayer: Merciful God, I praise and thank you for being willing to forgive me. I am sorry for my sin sincerely want to confess, repent and live according to your will. Amen.**

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