



Helping Kids Practice Repentance God's Way

When It's Hard to Admit I'm Wrong

Raising Christ-Centered Kids | Faith | Repentance

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"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. (Psalm 51:1, *ESV*)

Key Takeaway

God forgives a humble, repentant heart.

The Biblical Meaning of Repentance

Repentance is more than saying "I'm sorry." In the Bible, repentance means turning away from sin and turning back to God. After King David made serious mistakes, he wrote Psalm 51 as a prayer of repentance. He cried out, "Have mercy on me, O God" (v. 1). David shows us that repentance begins not with guilt but with God's love and mercy. He trusted that God's kindness was bigger than his failure.

David also admitted his sin honestly: "Against you, you only, have I sinned and done what is evil in your sight" (v. 4). Sin hurts people, but it is always first against God. Repentance is both inward and outward. It starts in the heart with confession and humility, then shows up in changed choices. Repentance is God's gift. It restores our relationship with Him and brings peace to our hearts.



Parent Guide | Repentance

Understanding Repentance: When It's Hard to Admit I'm Wrong

Admitting we're wrong is tough for everyone. Kids may worry about getting in trouble or feeling embarrassed. Grown-ups struggle, too—we want to defend ourselves or shift the blame. But repentance takes that heavy “backpack of guilt” off our shoulders. When kids see that confessing wrong and asking forgiveness brings relief, repentance becomes less about shame and more about God's healing love.

Parents can make this real by modeling it. When you say “I'm sorry” to your child or spouse, you show that even adults need grace. This builds trust and gives your child courage to repent, too. Repentance isn't about staying stuck in failure. It's about moving forward with God's mercy, knowing His love is steady no matter what.

Practical Steps: Helping Kids Practice Repentance God's Way

1. **Admit you're wrong** — Be honest. Say what you did without excuses.
2. **Ask for God's mercy** — Pray for forgiveness and trust God's love.
3. **Want to do what's right** — Let God shape your heart to choose good.
4. **Say no to wrong things** — Ask God's help to resist temptation.
5. **Thirst for God** — Stay close to Him through prayer, His Word, and worship.

Scripture for Parents and Kids

- “Repent, therefore, and turn back, that your sins may be blotted out.” (Acts 3:19, *ESV*)
- “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9, *ESV*)
- “Teach me to do your will, for you are my God! Let your good Spirit lead me on level ground!” (Psalm 143:10, *ESV*)

Encouragement for Parents

Repentance can be a holy moment in your home. When your child admits wrong, resist the urge to lecture or linger on the mistake. Instead, affirm their courage and remind them of God's promise to forgive. Your gentle response will teach them that God's mercy is safe and sure. And when you repent in front of your kids, you give them a living picture of the gospel—humble hearts restored by God's love.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Share a story of a time you said, “I'm sorry” and God forgave you.
- **Teach:** Show how repentance leads to forgiveness, not shame.
- **Model:** Apologize when you're wrong, even to your kids.
- **Pray:** Thank God for forgiving us and ask Him to keep your family close to Him.