

Repentance

Reconciling with God

Produced by St. Mina's Coptic Orthodox Church, Holmdel NJ

The Lord Jesus Christ

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

“... but unless you repent you will all likewise perish.” Lk 13:3





St. Paul the Apostle

“Now then, we are ambassadors for Christ, as though God were pleading through us: we implore you on Christ's behalf, be reconciled to God.”

2 Cor 5:20

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So What is Repentance ?



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A New and Pure Heart

- It is a divine act performed by God inside the person, according to His divine promise which says,
- *"Then I will sprinkle clean water on you, I will cleanse you from all your filthiness.... I will give you a new heart and put a new spirit within you... and cause you to walk in My statutes, and you will keep My judgments and do them" (Ezek 36:25-27).*

Renewal of the Mind

- The renewal of the nature occurs in baptism (Rom 6:4). But the renewal of the mind occurs in repentance, as the apostle says:
- *“be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Rom 12:2).*

A Personal Invitation from God

- *"Return to Me and I will return to you"* (Mal 3:7),
- *"Repent and return"* (Ezek 14:6),
- *"Turn to Me with all your heart....return to the Lord your God"* (Joel 2:12-13).



St. Ignatius of Antioch

“Repentance is
..finding our
way back to
God”



“Cry out, O sinner,
with all your might
and spare not
your throat; for
your Lord is
merciful and loves
those who repent.
As soon as you
return, your
Father will come
out to meet you
and rejoice...”

St. Ephraim the Syrian



Origen the Scholar

- “ Through repentance... the sinner bathes his bed in tears and his tears become his bread by day and night... not ashamed to show his sin to the priest of the Lord and ask for the remedy”



Shepherd of Hermas

- “To repent is to understand... .. for the sinner understands that he has done wickedly before the Lord”
- “Do you not realize that repentance is understanding?”

St. John Chrysostom



“Repentance consists of no longer doing the same things..For he who returns to the same sins is like a person who pours water into a container full of wholes.”

St. John Saba



- "Repentance saves and releases those whom the devil captured..."
- "Many years of the devil's hard work is lost in one moment of repentance"
- "Repentance makes adulterers into virgins..."
- "Who does not love you O Repentance... you who carry all the blessings... O Mother of forgiveness... intercessor for the sinners... and key to the Kingdom"

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HH Pope Shenouda III

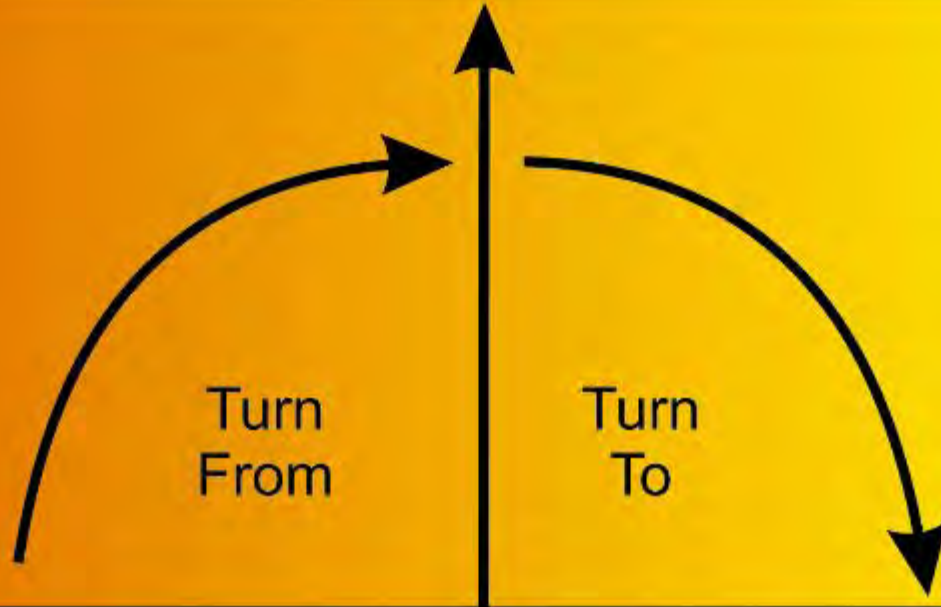
“Repentance is
the return of
the person to
himself...the
return of the
heart to God”
(Life of Repentance and Purity)



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Sin
Satan
Death



Turn
From

Turn
To



Salvation
God
Life

REPENTENCE

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Results of Repentance

1. Enjoying fellowship with God Himself...

- *"I will put My law in their minds, and write it on their hearts, and I will be their God, and they shall be My people... For I will forgive their iniquity, and their sin I will remember no more!"*
Jer 31:33-34



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How do I
Repent?



Parable of the Prodigal Son

- “ But when he came to himself ...” Luke 15:17



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First Step: Reflection

1. Came to his senses and reflected on the state of his life...

REPENTANCE



Second Step: Return

2. Went back to his father and admitted his sin...

CONFESSION

How ?

Leave everything behind you



1



Feel sorry

2



Ask forgiveness

3



Right the wrong

4



Don't repeat the wrong

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The Bible and Sin

- “..let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith...” Heb 12:1-2





The Bible and Sin



- "If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell." Mt 5:29-30



Third Step: Resist

3. When sin comes knocking at your door ... resist.

SPIRITUAL STRUGGLE

 St. Moses the Strong

 St. Mary of Egypt



The Bible and Sin

“Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it.”

Mt 7:13-14



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Questions to Think About :

1. Why must I confess?
2. To Whom do I confess?
3. How do I confess?
4. What do I get out of confession?
5. How often do I need to confess?



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Why must I confess?



1. It is a divine commandment

- 📖 “ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” 1 JN 1:9
- 📖 “ Confess your trespasses to one another, and pray for one another, that you may be healed” James 5:16

To Whom do I confess?



1. To the one who has authority to forgive my sins...

 God

 Priest



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“He breathed on them, and said to them, Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”
Jn 20:22-23

“..what ever you bind on earth will be bound in heaven, and what ever you loose on earth will be loosed in heaven” Mt 16:19

How do I confess?



1. Must examine 3 areas of my life



My relationship with God



My relationship with Others



My relationship with Myself

Other things to examine

- 10 Commandments

- Sins of thought, body, and senses

- Must be HONEST

“Regard the priest as a spiritual father for you... reveal to him your secrets openly, just as a patient reveals his hidden wounds to the physician and so is healed” – St. Gregory of Nyssa

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How often should I Confess?



1. At least once /month or as otherwise directed by your spiritual father
2. Why?
 - Accountability
 - Minimize spiritual negligence
 - Not to forget my sins
 - Continue my spiritual growth

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What do I get out of Repentance?



1. Forgiveness of my sins
2. Relief from my Guilt
(psychology of confession)
3. Advice and Guidance

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Questions?



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