

## **Introduction:**

There are 4 main stages of Repentance:

1. **We sit with ourselves and repent;** recall what we've done wrong and put a goal not to fall in these sins again.
2. **Put an effort into fixing the wrong we've done.** For example, if I'm not on good terms with a friend, I should go and smooth things out. If I have taken something that's not mine, then I should return it, etc.
3. **Sit with a priest and confess**
4. If given specific **spiritual exercises**, then we should **follow up on them**. We should also endeavor to not fall back in the same life style again. Repentance and Confession is a sacrament which allows us to turn a new leaf in our lives, and we should capitalize on that.

## **ONE: Repentance**

1. Have an honest sit in with ourselves and tally up all our shortcomings and sins. Do this while praying so that God may reveal to us our weaknesses and sins.
2. Present to God a sorrowful heart over our sins.
3. We can write our sins down on paper for the sake of organization, and then we can get rid of it after we confess.

## **What we should hold ourselves accountable for:**

### ***Accountable for Sins:***

- **Sins of the tongue:** lying, swearing, back stabbing, inappropriate talk, inappropriate joking, etc.
- **Sins of the thought:** Lust, anger, envy, expecting the worst of others, pride, etc
- **Sins of the senses:** any sins committed by the senses, sight, hearing, touching
- **Sins of the heart:** hate, love of the world and glory
- **Sins of the mind:** theft, adultery, fighting, drunkenness, etc
- **Sins of the actions:** Any thoughts are plans coming to fruition.

### **Accountable for lack positive actions:**

- **Prayer**
- **Fasting**
- **Giving**
- **Repentance, confession and communion**
- **Reading from the Holy Bible**
- **Spiritual exercises**

### **Accountable for your relationship with People:**

- With the young and old
- With Acquaintances and Friends
- With relatives

## **TWO: Correcting the Wrong**

Our repentance must be **true and complete**. It can not be complete, if we know that we have

caused a wrong and not right it.

Our repentance must be **turned into action**, and not just thought. If we carry through our sinful thoughts into action, IE fulfill them, we must carry our repentance into fruition and correct the mistakes in that we have caused.

### **THREE: Confession**

- **Be sure that your confession is not to the Priest, but to God in front of a Priest.**  
God is the one that forgives sins and not the priest.
- **Don't be shy of revealing your sins.** Saying it out loud is an important step on the road of recovery from this sin.
- **Be ware of the devil's trick of blowing the sin out of proportion.**
- **Confess of all types** of sins and short comings.
- **Don't give yourselves excuses**
- Confess your sin even if you know how to deal with it.
- Take into consideration your **priest's advice**.
- Be tough with yourself and **admit your lack in Christian virtues**: love, giving, humility, etc.
- **Don't bring others into your confession**, by complaining about others, or by accusing others of wrong. Remember this confession is about your sins, your short comings and not about others.
- Don't tell half the truth, but the whole truth.

### **FOUR: After Confession and Repentance**

- **Trust that all your sins have been forgiven**
- Take advantage of the spiritual high that you're in and follow that up by **practicing true Christian virtue**, love the poor, do good to those who persecute you, pray, fast, read from the bible, etc
- Try to **follow the advice of your father of confession**.
- **Don't be discouraged if you fall into the same sin again.** It's just our human weakness. Get up and move forward. Remember, repentance is not a single event, but it is a life: The Life of Repentance.
- **Don't discuss your sins with anyone else.** Usually discussion of sinful acts brings on the desire of the sin to remember, and helps us fall into it again.
- Train yourself not to think of the sin, but follow the verse in Philippians 4:8
  - **Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things**