

Repentance

Overall

- Repentance in the Orthodox churches
- Definition
- Efficacy
- Practice
- Why should we repent?

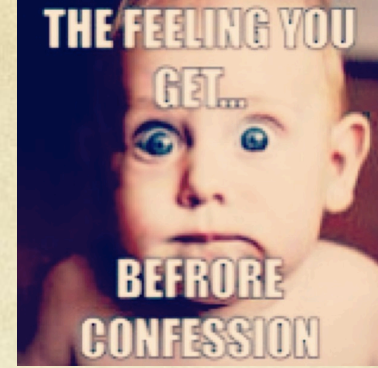
Repentance

- Change of direction (metanya)
- Feeling worthy to partake in the Holy Communion
- Having a conscience and knowing what's right and wrong
- The will not to do it again
- Pray to be ready to confess
- Completed by confession

Sacrament

- One of the seven sacraments
- Act of repentance is important to complete the sacrament of confession.
- 4th sacrament (human age)
- Necessary for other sacraments

Confession



- The sacrament of repentance and confession is in order of our lives the 4th sacrament.
- Confession is to a priest
- *“He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy” (Prov.28: 13)*
- It was practiced in the Old Testament to a priest *“And it shall be, when he is guilty in any of these matters, that he shall confess that he has sinned in that thing; and he shall bring his trespass offering to the Lord for his sin which he has sinned” (Lev.5: 5,6).*
- Our brothers the Protestant Church do not believe in sacraments.



- Repentance is the change of heart
- It's a journey from the regret you feel within to the actual abandonment of the sin completely.
- It is completed by confession to the priest and the absolution that is read afterwards.
- *“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” (John.20: 22,23)*
- Confession and spiritual advice

Salvation

- Our belief: both the Eucharist and Repentance are needed for our salvation.
- Jesus said “...*unless you repent you will all likewise perish*” (Lk.13: 3).

Work of Grace

- Orthodox doctrine:
- Our spiritual life is our fellowship with the Holy Spirit.
- The Holy Spirit supports but we should strive to change.
- *“You have not yet resisted to bloodshed, striving against sin” (Heb. 12: 4)*
- Our life is full of struggle and in the bible it says our aim is to overcome these struggles by an armor. *“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places” (Eph.6: 12).*
- *“To him who overcomes I will give...” (Rev.2: 17)* Grace doesn't do all the work.
- The Protestant Church believes that repentance is one of the works of Grace.
- This makes all man's strivings and struggles void.

Experiences

- The Orthodox Church doesn't allow people to talk about their experiences and their changes in their spiritual life.
- It is viewed as boasting about the change in the repentant's life.
- Other Churches encourages people to share their experiences and how they've changed and become different people.

Joy and Contrition

- During the time of repentance our souls should be in contrition. Which is real remorse and grief for the sins we have committed.
- David the prophet
- Children of Israel were joyful that they were saved from the angel of death, they ate the Passover supper.
- This had bitter herbs which reminded them of their sins.

Newness Of Life

- In the Orthodox Church these expressions are completed in the sacrament of Baptism.
- Repentance is a continuous process of changing a man's way of life that happens all throughout.
- Repentance in the Protestant Church is known as "newness of life", "renewal", or "salvation".

Precedes all other Sacraments

- To be baptised you need to be repentant. St. Peter the Apostle says: *“Repent, and let every one of you be baptised”* (Acts 2: 38)
- It also comes before the sacrament of Eucharist St. Paul the Apostle says: *“Therefore whoever eats this bread or drinks this cup of the Lord in an unworthy manner will be guilty of the Body and Blood of the Lord. But let a man examine himself, and so let him eat of that bread and drink of that cup. For he who eats and drinks in an unworthy manner eats and drinks judgement to himself, not discerning the Lord's Body”* (1Cor.11: 27-29).
- It also precedes the sacrament of the Holy Unction James the Apostle says: *“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven”* (Jas.5: 14,15).

Conduct and Deeds

- Orthodox Church believes that faith and grace are important but conduct and deeds are necessary for salvation. *“Therefore bear fruits worthy of repentance”* (Matt.3: 8).
- Protestants stance is that our Christian lives should be based on grace and faith rather than conduct and deeds.

- The Protestant Church think of repentance as independent from the Church in the first place this is because they do not believe in priesthood and believe in a direct relationship with God
- They are divided into two groups:
 1. This group rejects openly priesthood and confession
 2. This group doesn't speak against confession, priesthood, and the Eucharist, but they try to make people forget about these sacraments by not talking about them. **“You are in need of repentance and in need to return to God. Go and cast yourself at God's feet; leave your sins to Him to erase by His blood and immediately you will come out justified as if you had not sinned before. He washes you and you will become whiter than snow.”**

- The Protestant church believe that only the blood of Christ will lead to their salvation. “You are saved by the Blood of Christ and not by repentance. Repentance is one of the deeds and you cannot be saved by deeds only.”

Conditions of repentance

- Contrite heart and remorse for previous sins.
- Steadfast intention to improve.
- Strong faith in Christ and hope in His love to forgive.
- Verbal confession of sins before the priest