

Repentance & Confession

Tips when going through the process of confession and repentance:

1. Examine yourself first
2. Don't just look at your actions
3. Write it down to have an order and know what you've said, but throw it straight away.
4. Pray the agpeya (confession prayer before going to see Abouna)
5. Don't be too specific, that will only make you focus on the sin
6. Don't be too unspecific, DO NOT SAY "EVERYTHING" to the priest.
7. Repent sincerely
8. Change
9. Celebrate God's forgiveness

Verses you might want to remember:

- For You, Lord, are good, and **ready to forgive**, And **abundant in mercy** to all those who call upon You. - Psalm 86:5
- Who is a God like You, **Pardoning** iniquity And passing over the transgression of the remnant of His heritage? He does not retain His anger forever, Because He delights in mercy. He will again have compassion on us, And will subdue our iniquities. You will cast all our sins into the depths of the sea. - Micah 7:18-19
- Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, **work out your own salvation with fear and trembling** - Philippians 2:12
- 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." - John 20:19-23
- '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 committed, a female from the flock, a lamb or a kid of the goats as a sin offering. So the priest shall make atonement for him concerning his sin. - Leviticus 5:5-6
- **Confess your trespasses** to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much - James 5:16
- He who covers his sins will not prosper, But **whoever confesses and forsakes them will have mercy**. - Proverbs 28:13
- I say to you that likewise there will be **more joy in heaven over one sinner who repents** than over ninety-nine just persons who need no repentance. - Luke 15:7
- For **I will forgive their iniquity**, and their sin **I will remember no more.**" - Jeremiah 31:34