

CONFESSION AND REPENTANCE



WHAT IS REPENTANCE?

- Searching yourself-what have I done? Hebrew means to return and to feel sorrow (sorry)
- We become like the prodigal son returning to our Father.
- Recognizing what you've done and vowing to change
- Vowing to change \implies understanding God's mercy and choosing to return to the right path
- Putting on the new man and leaving the old man behind. (Colossians 3:10) "And have put on the new *man*, which is renewed in knowledge after the image of him that created him" and (Ephesians 4:24) "and to put on the new self, created to be like God in true righteousness and holiness".
- Repentance isn't beating yourself down though!!! (That's what the devil will make you do so you feel embarrassed and belittle yourself in front of God)



THAT IS NOT THE RIGHT THING TO DO!

THAT BRINGS US TO CONFESSION

- WHAT IS CONFESSION?
 1. It's a sacrament
 2. Without it we can't fully be repentant
 3. It involves us "confessing" or admitting our sins to our spiritual father to have the absolution and so the sin is forgotten.
- HOW MANY TIMES?
 - Should be regularly and not left too long (That's a big no no)
 - **(Psalms 32:5)** "I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. Selah"
 - (1 John 1:9) "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

SO HOW DO I ACTUALLY CONFESS?

1. To who?

- QS: First of all who do we actually confess to?
- Ans: Your spiritual father so the priest you choose.

2. What?

- You confess your own sins no one else's and you find that underlying cause for said actions, thoughts etc...

3. When?

- Regular frequency, usually said to be twice a month so every two weeks.
(If you manage to get to Abouna before an aunty does.)



CONT'D.....

4. How?

- You normally sit with Abouna somewhere quiet and just talk not much to it.

5. Why?

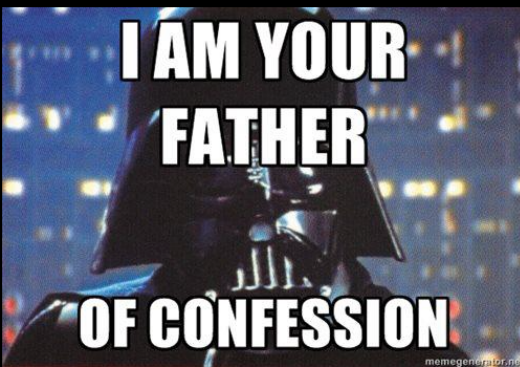
- Well it's a sacrament so it's fundamental to do it.
- Confession is the time for you to turn back to God and try and find ways to overcome doing these sins, in order for us to truly be graced by the sacrament of communion.

EXCUSES



So no one likes confession it's standard and we tend to avoid it as much as we can by making excuses

- You have to tell someone the 'bad things' that you did!
- Abouna knows who you are and who our parents are!
- It's so awkward
- You're embarrassed and think you're the worst person ever!
- You look at the queue and think next week I'll confess.
- If I confess to God instead of Abouna all will be fine right?



HOW TO OVERCOME EXCUSES

- VALUE > AWKWARD
- Confession is when you receive God's forgiveness and we receive spiritual guidance.
- To God sin is repulsive so we need to be cleansed in order to take communion as well (2 Corinthians 5:21)
- Make sure you wait before an aunty does and state your claim in the line (Remind them no pushing in).
- Everyone is the same as one, everyone acts perfect but they are not, the Church is the hospital for the sick not for the perfect people.
- You get free counseling and advice!

Not going to church because
of the "hypocrites" is like



not going to the gym because
of "out of shape people"

WHY A PRIEST?

- Pretty standard question no one likes to confess to a priest.
- BUT in the bible it says that certain people have certain jobs (John 20:19-23) and in the Old Testament (Leviticus 5:5-6)
- Priest is the mediator between us and God, he is not the one who is speaking it is the Holy Spirit.
- <https://www.youtube.com/watch?v=IOvAH3Sp9Ik> (5:20)

HUMILITY

- BEING TOO PROUD
- WE BOAST, we think we have a free card because we are Christian which is not correct.

LUST

- Sins of the flesh
- Obsession
- One of the hardest things to confess

ENVY

- We look at the others and belittle what we have

GLUTTONY

- Why do we fast?

COVETOUSNESS

- We feel like we need to have power and authority but do we really?

SLOTH

- BEING LAZY



FINALLY AT THE END

- Remember that you should be joyful at the end
- Celebrate God's forgiveness (Luke 15:7)
- Start with sorrow and end with Joy
- Even the angels in heaven are celebrating so you should to.
- (Jeremiah 31:34)

QUESTIONS TO REFLECT ON

- Do I want to change?
- What things do I want to change about myself?
(actions, senses, thoughts etc...)
- How can I go about changing these things?
- How can I actually learn from repenting?
- What things do I want to achieve from confession?