Servants' Preparation Class

Sacrament of
Repentance and
Confession



"The prison cells of hell are locked from the inside out."

—C.S. Lewis





Repentance

- Metanoia in greek=Change in Mind or 'Nous'
 - Nous: Eye of the Soul-Spiritual Intellect
- A complete change in mind and behavior
- Repentance is the journey and the destination
- Repentance to life and life of repentance
 - Unending choice to choose to repent
 - Saint Moses and Saint Mary of Egypt
 - The struggle/ assetic approach





Confession



Definition:

"a statement – made by a person or by a group of persons – acknowledging some personal <u>fact</u> that the person (or the group) would ostensibly prefer to keep hidden."

Ideally!

- 15/20 minute dialogue where I speak my sins aloud to God before a priest.
- Sometimes includes a prescribed spiritual
 CANON given by the priest to help in repentance.
- Come list your sins, without justification or excuses. [Adam/ Cain]
- The priest prays the absolution over the believe and the mystery is competed.

Question:

"Why should I confess to a priest?"

"Can't I just confess to God?"

What do YOU think?

Stages (Types) of Confession [HH Pope Shenouda/ HG Bishop Youssef] 1.

Confession to one's self

(Repent between me & myself)

2.

Confession to God

(Put it before God and talk to Him)

3.

Confession to the priest

4.

Confession to the person against whom the trespass was committed

WHY

Living a life of repentance.
Continuous cleansing.
Deepen my relationship with
Christ...

WHO INSTITUTED THE SACRAMENT

Jesus Christ

WHAT

Repentance & Confession

WHERE

Matthew 18:18 John 20:22-23 Acts 19:18

WHEN

Old Testament and New Testament

HOW

?

