

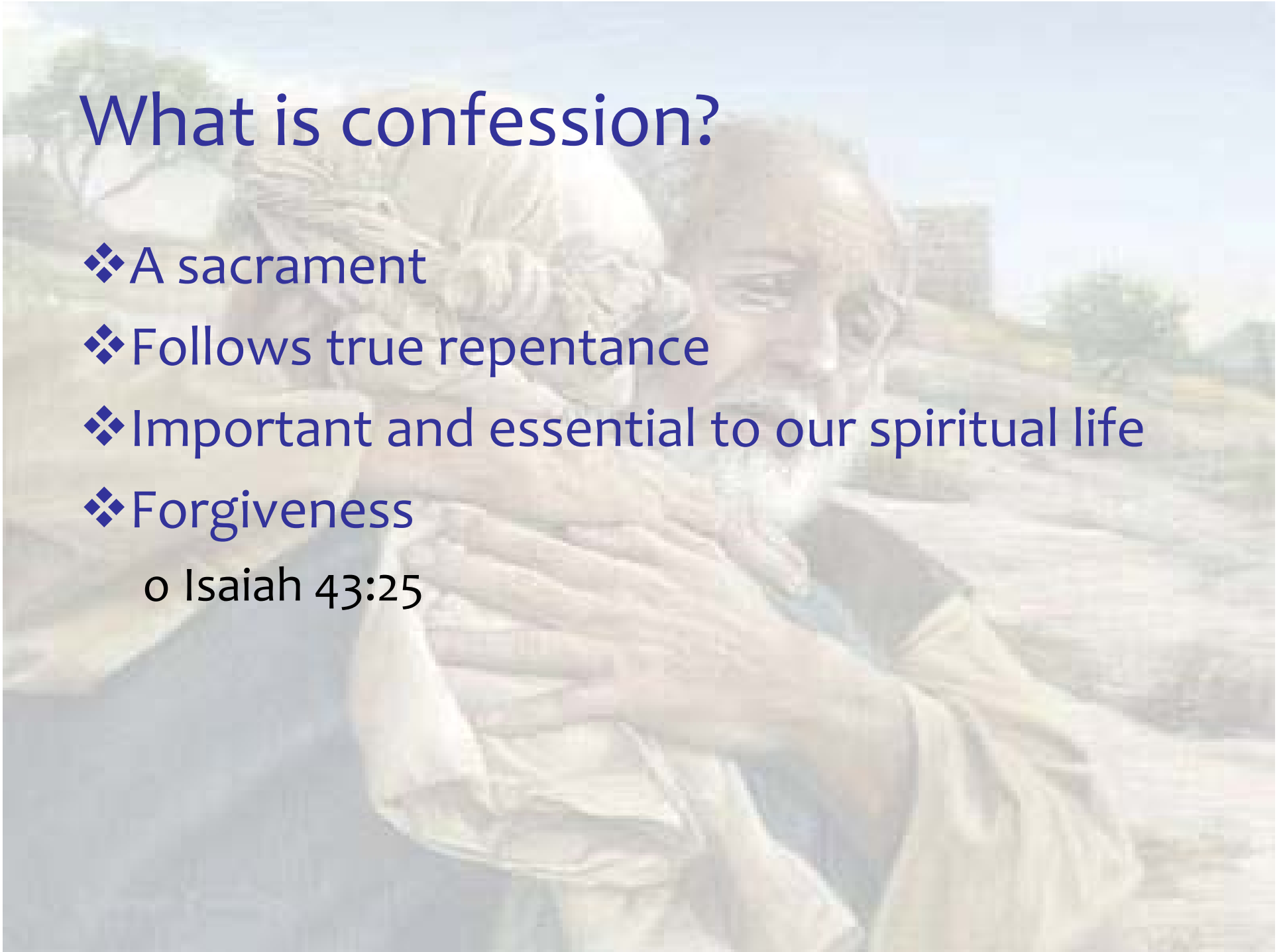


Confession

“ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” (1 John 1:9)

What is confession?

- ❖ A sacrament
- ❖ Follows true repentance
- ❖ Important and essential to our spiritual life
- ❖ Forgiveness
 - o Isaiah 43:25



What is repentance?

❖ Repentance is change/transformation

- o Realizing that you have done something wrong and need to change.
- o Matanya = Greek for repentance
 - Meta = to be transformed. Anya = nous= the mind/attitude or way of thinking.

❖ Repentance is Freedom

- o “Many years of the devil’s hard work is lost in one moment of repentance.” St. John of Saba

❖ Repentance is a Journey

❖ Repentance must have 2 requirements:

- o The grace of God
- o My efforts

Some questions about confession...

❖ Why should I confess?

- o It's a commandment (1John 1:9)
- o To get help/guidance
- o Think of the prodigal son

❖ Who should I confess to?

- o God (our sins are against God)
- o The priest (he has an authority from God)
 - John 20:22-23
 - Matthew 16:19
 - “Regard the priest as spiritual father for you... reveal to him your secrets openly, just as a patient reveals his hidden wounds to the physician and so is healed.” St. Gregory of Nyssa

Some questions about confession...

❖ What are the benefits of confession?

- o Forgiveness of my sins
- o Relief from guilt
- o Advise and guidance

❖ What can hinder me from practicing repentance and confession?

- o Procrastination/being lazy
- o Despair
- o Shame

Some questions about confession...

❖ What are the correct way for confession?

- o Sit w/yourself and judge yourself.
- o Be honest and don't find excuses.
- o Don't blame others for your mistakes.
- o Be obedient to your "physician" and trust him.
- o Be honest and don't hide the sin in a different form because of your shame of it.
- o Write it down on a piece of paper if need to.
- o Examine your relationship w/God, others and yourself.
- o After confession, sit w/yourself and think how merciful God is to you and His grace for you.
- o Remember that the devil will fight you even more, but you can fight back and repent over and over again. Never give up hope (Proverbs 24:16)

Your questions/comments

