

# Spiritual Theology Part 1



## Life of Repentance and Confession

Saint Mina Coptic Orthodox Church  
Hamilton, Ontario, Canada

# The Urgency of Repentance



- The ministry [preaching] of Christ and Saint John the Baptist both revolved around the phrase “Repent for the Kingdom of Heaven is at hand” (Matthew 3:2, 4:17)
- Christ also said “**Unless you repent you will all likewise perish**” (Luke 13:5)

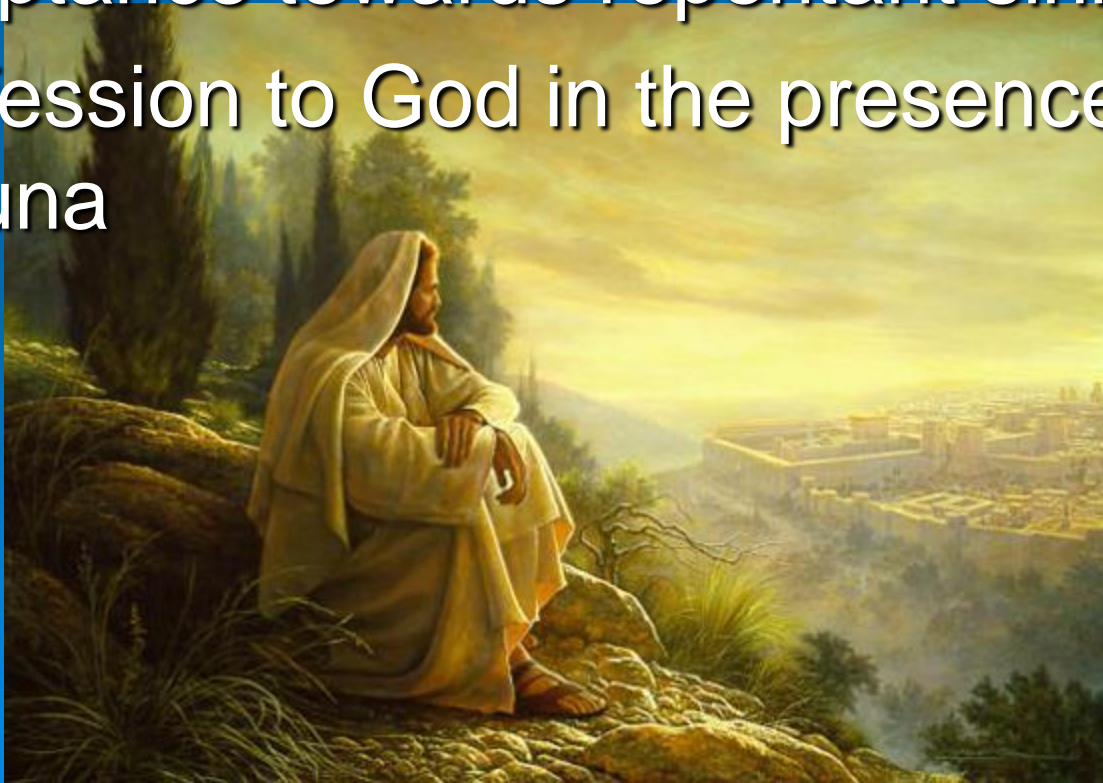
# The Meaning of Repentance

- Sin is a separation from God
- Repentance is the reconciliation [return] to God
- Repentance is an acceptance of God's invitation to live a life of holiness.



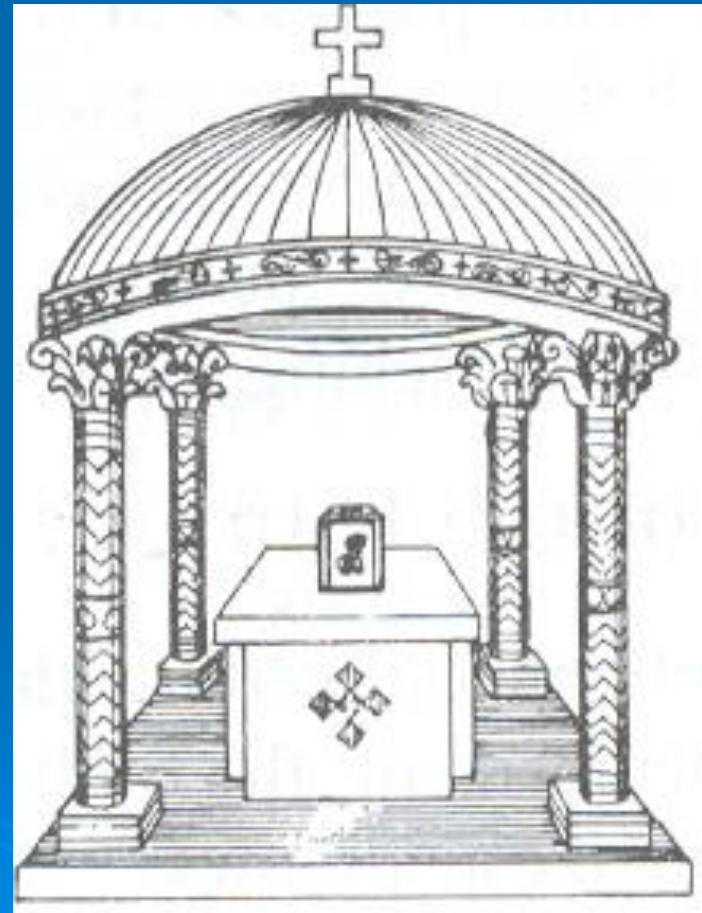
# How do I repent?

1. Personal feeling of guilt
2. Sitting down alone to re-examine yourself while feeling God's mercy and acceptance towards repentant sinners.
3. Confession to God in the presence of Abouna



# Confession with Abouna, why?

- God has appointed priests to accept the confessions of the believers and offer them to Him on the altar.
- **Old Testament:** Leviticus 5:1-6,  
Numbers 5:6-7,  
Leviticus 26:39-45,  
Deuteronomy 26:3  
Joshua 7:19  
2 Samuel 12:13  
Proverbs 28:13
- **New Testament:** John 10:21  
Matthew 18:18  
Acts 19:18  
1 John 1:8-10  
James 5:14-16



# Abouna and Me

- Abouna
- Father
- Teacher
- Spiritual physician



- Me
- Son or daughter
- Student
- Patient

# Blessings of Confession



- Forgiveness of Sin (1 John 1)
- Attaining [receiving] Absolution
- Receiving the Eucharist [Holy Communion]
- Peace (Proverbs 28:13)

# What do I confess?

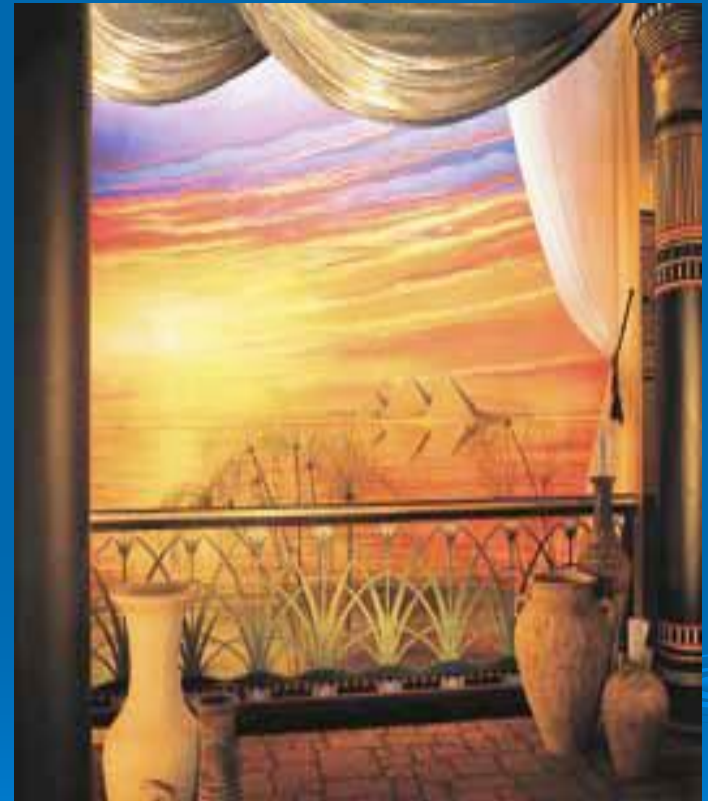
- Concerning your relationship with God
  - Spiritual Growth in Prayer, reading the Holy Bible, taking Holy Communion, fasting, etc.
- Concerning your relationship with yourself and others
- CONFESS ALL SINS  
whether in thought, sense or action.





# How much detail?

- Only the detail that reveal the motives of the sin
- Unnecessary detail that does not help your repentance do not describe.
- Do not justify yourself to Abouna
- Do not be embarrassed [shy] in front of Abouna
- Always tell the truth regardless because has previously heard all the sins you can imagine.





Any Questions?