

+ St. Mina Coptic Orthodox Church in Hamilton +

Youth Meeting Topic Given by Fr. Metias

Reasons for continually falling into the same sin

1 – Relying on myself!

- I keep telling myself that I can do this and I can stop this on my own but the truth of the matter is that if I don't rely on God, I will never stop it.

- Feeling weakness is a good thing because it makes you realize where you are and where God is.

Philippians 4:13

“I can do all things through Christ who strengthens me.”

2 – I have Weak Confidence in the promises of God

Promises of God :

Matthew 7:7 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”

Joshua 1:5 “No man shall *be able to* stand before you all the days of your life; as I was with Moses, *so* I will be with you. **I will not leave you nor forsake you.**”

Matthew 11:28 “Come to me, all who are tired from carrying heavy loads, **and I will give you rest.**”

John 16:33 “These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, **I have overcome the world.**”

3 – I loose all Hope

Micah 7:8

⁸ Do not rejoice over me, my enemy; When I fall, I will arise; When I sit in darkness, The LORD will be a light to me.

- Do not loose hope when you fall into sin. Always stand back up again

- **Example:** St. Sarah – She fell into the same sin for 15 years but always had hope in God and always stood back up again until one day the devil came and told her, I will not fight you with this sin again because your hope in Christ.

- The devil uses despair as his weapon to make you feel like there's no hope for you in God and that your sin is too big, just as he did with Judas, but Peter had also fallen into a sin and denied Christ but he repented and God forgave him.

-God looks at it from a different perspective, He looks to our repentance! We all fall, but the important part is to stand up again ☺

4 – I have a Lack of obedience

- We do not apply the beneficial advice we get from our Father of confession or from the Word of God. We do not respond to “El Irshad il Roo7y”

- Also sometimes it's my pride and I feel that I know what I'm doing and that I am right regardless of being told otherwise.

5 – I'm Hiding the sin in my heart

Proverbs 28:13

He who covers his sins will not prosper,
But whoever confesses and forsakes *them* will have mercy.

- Once you confess, you will feel relieved

6 – I don't watch out for my SENSES

Luke 11:34

³⁴ The lamp of the body is the eye. Therefore, when your eye is good, your whole body also is full of light. But when *your eye* is bad, your body also *is* full of darkness.

- Watch out for what your eyes see, make sure to keep it pure.
- I also must take care of my other senses, because all my senses lead to my heart.

Example: A kid in school can hear bad words and go repeat them,
- A lot of the times we can be in situations where we are standing in the center of what you could call “unholy intake” such as gossiping or talking badly about others and such. We must always watch out in these situations and try to avoid them, change the topic, remind the people talking that it is not good to talk about people in such ways. If you can, leave the conversation all together. It is better to not hear those bad things they say than to listen and not say anything.

7 – I'm Not Struggling/Fighting hard enough in my spiritual life “Mish Bagahid fi 7ayat el roo7eya”

- There's a difference between fighting on and just submitting (istislam)
 - Spiritual life = Grace + Spiritual Struggle (Gihad Roo7y)
 - Spiritual Struggle = Constant Prayer and Matanyat
- St. Paul highlights the importance of fighting on

2 Timothy 4:7

⁷ I have fought the good fight, I have finished the race, I have kept the faith.

8 – I am Negligent of the Means of Grace (Tahawin fi Wasa2it el Ne3ma)

The means of Grace(Wasa2it el Ne3ma) are:

- Regular Communion & Confession – Minawla bi-intizam
- Repentance
- Prayer – your connection with God
- Reading the Bible – “Our daily bread”, We fight the devil and his temptations with the WORD of God just as Jesus did when He was tempted in the wilderness

Matthew 4:3-4

³Now when the tempter came to Him, he said, “If You are the Son of God, command that these stones become bread.”⁴ But He answered and said, “**It is written**, ‘*Man shall not live by bread alone, but by every word that proceeds from the mouth of God.*’”

+ Glory Be to God Forever +