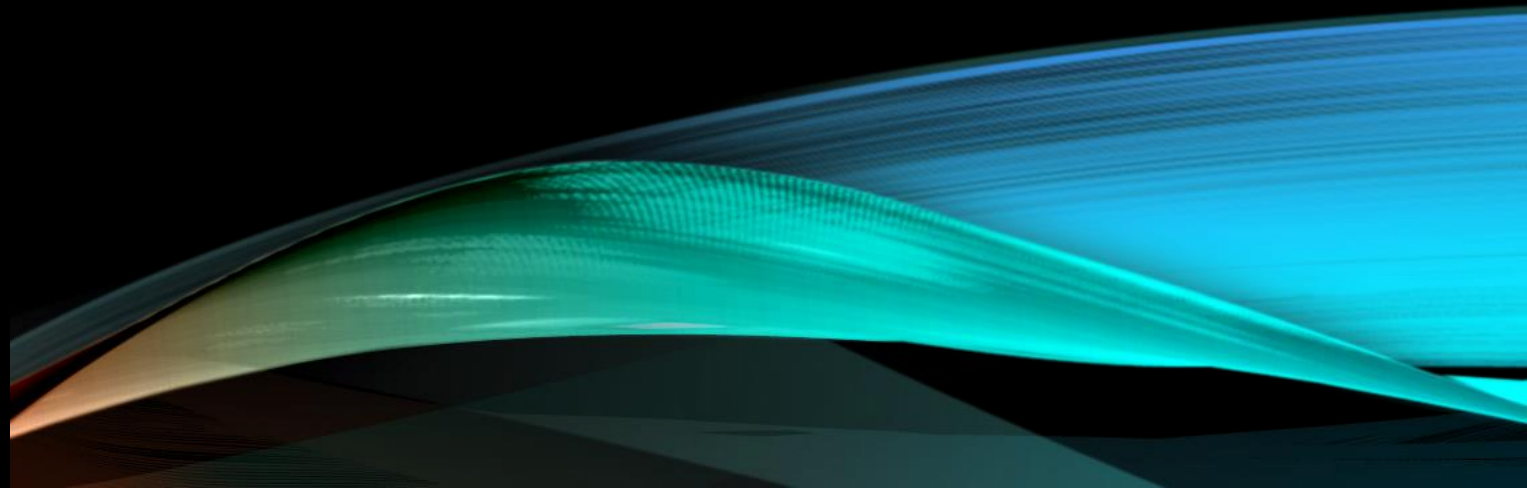
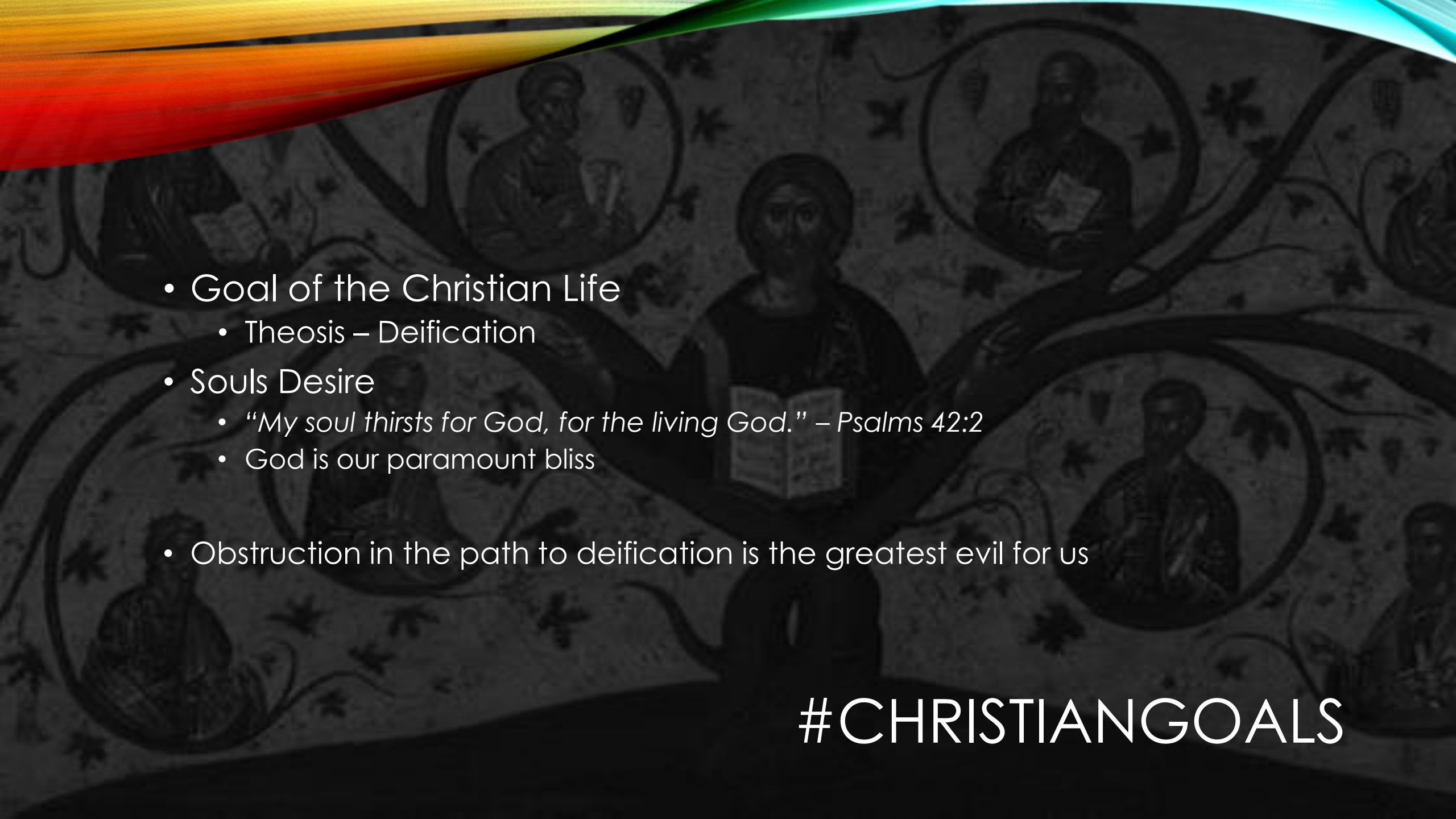




HOLY CONFESSION

The Forgotten Medicine



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- Goal of the Christian Life
 - Theosis – Deification
 - Souls Desire
 - *“My soul thirsts for God, for the living God.” – Psalms 42:2*
 - God is our paramount bliss
 - Obstruction in the path to deification is the greatest evil for us

#CHRISTIANGOALS

SIN = MISSING THE MARK



- Anything that causes us to fall short of the life God wants us to live would be considered a sin
- **Sin leads to spiritual death**
 - “Sin is the transgression of the soul” – 1 John 3:4
- **Do we all fall into Sin?**
- “If we say that we have no sin, we deceive ourselves, and the truth is not in us.” (1 John 1:8)

THE GOOD SAMARITAN

Whom do we identify with?

The Inn = Church

The Church is a hospital for our healing



REPENTANCE

- *"I take no pleasure in the death of the wicked, but rather that they turn from their ways and live" – Ezek 33:11*
- The moment of realization of our sickness
- Change of heart - Metanoia
- *"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*
- The parable of the Prodigal Son



"Sin is followed by shame. Repentance is followed by boldness." - St. John Chrysostom

“

IT IS NOT JUST THE RECOGNITION THAT THINGS HAVE GONE WRONG, BUT A REALIZATION THAT THROUGH CHRIST, THEY CAN BE PUT RIGHT.
'YOU FELL,' IT IS WRITTEN, 'NOW ARISE' (PROVERBS 24:16).
AND IF YOU FALL AGAIN, THEN RISE AGAIN, WITHOUT DESPAIRING AT ALL OF YOUR SALVATION, NO MATTER WHAT HAPPENS.

”

ST. PETER OF DAMASCUS





THROUGH THE SACRAMENT OF CONFESSION, WE CAN RETURN TO GOD

- Confession is a Sacrament, or *Mystery*, of the Church, a way in which we can experience God's grace.
- In Confession, we acknowledge our sins out loud to God in the presence of the priest.
- The waters of renewal – Baptism and Confession
- Be honest and repentant
- Don't justify your sins
- The early Christian practice

OBJECTIONS TO CONFESSION?

- “I’m so sinful! Can God forgive my sins?”

“It regenerates everyone because it’s a furnace for purification”

- “Why should I confess? I have no special sins?”

Response of an unhealthy soul – darkening of the nous

- “Why should I confess when I know tomorrow I’ll sin again?”

Desire to renew – Falling and Getting up immediately

- Why should I confess to the priest?

The priest is bridge builder between God and His people

GUIDELINES & PREPARATION FOR CONFESSION

- Service Book of the Holy Qurbana – Pg 380
 - Before, during and after confession!
- How often should I confess?

As St. John Chrysostom teaches, "Since it is likely that, being men, they would sin every day, St. Paul consoles his hearers by saying 'renew yourselves' from day to day. This is what we do with houses: we keep constantly repairing them as they wear old. You should do the same thing to yourself. Have you sinned today? Have you made your soul old? Do not despair, do not despond, but renew your soul by repentance, and tears, and Confession, and by doing good things. And never cease doing this."

TO PRACTICE

- Praying and asking the Holy Spirit to help me examine my heart.
- Examine myself every night.
 - Checking my thoughts, senses, deeds.
 - Where did I sin, and what's causing me to sin.
- Asking God for forgiveness and strength to hate the sin and overcome it.
 - Going to Confession where I confess my sins to God in front of the priest.



The Death of the Unrepentant Sinner



The Death of the Righteous



And the one who comes to Me I will by no means cast out. (John 6:37)