

## January 19: Ways We Repent

### ***I. Definition of Repentance:***

*The **repentance** (metanoia) called for throughout the **Bible** is a summons to a personal, absolute and ultimate unconditional surrender to **God** as Sovereign. Though it includes sorrow and regret, it is more than that. ... In repenting, one makes a complete change of direction (180° turn) toward **God**.*

### ***II. Relationship between repenting and doing penance.***

*Repenting is the internal, spiritual action.*

*Doing penance is the external, practical action of repair. An act of self-mortification or devotion performed voluntarily to show sorrow for a sin or other wrongdoing.*

### **III. Justice Precedes Love.**

### **IV. Objective Wrong, Subjective Wrong, vs. Fake Wrong**

Definition of Sin: Missing the Mark

Objective Wrong: stemming from objective moral principles and values: an action.

Subjective Wrong: Taking responsibility and culpability for an Objective Wrong: a sin.

Fake Wrong: Created to explain toxic shame and false “feelings” of guilt.

What constitutes a serious Subjective Wrong (against God or others; mortal, sin unto death)?

- Objectively Serious Matter

- Complete Free Will
- Premeditation

Anything less is a venial sin; c. 1300, "pardonable," from Old French venial "pardonable, excusable" and directly from Late Latin *venialis* "pardonable," from Latin *venia* "forgiveness, indulgence, pardon, favor"

### **III. Kinds of Wrongs**

- wrongs we've done directly.
- wrongs we've participated in indirectly.
- wrongs for which we are partially responsible and aware.
- wrongs for which we are partially responsible, even though we're not aware.

### **IV. Practical ways to repent**

- Seek the deepest desire of your heart, especially in actions, relationships, and beliefs.
- Ask forgiveness and don't do it again.
- Work for or donate to causes that correct social/economic sins.
- Watch your judgments/words/attitudes
- Let go of the other.
- Seek alternative actions (re: caring for elderly parents, ill children, etc.)