



Coptic Orthodox Diocese of the Southern United States

Monthly Message for the Priests Wives

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Repentance

Wash me, Cleanse me, My sin before me!

Volume 3

“You will be back more powerful” by John Chrysostom to his friend Theodore:

John Chrysostom's message to his friend Theodore after he sinned with a woman in his book you will be back more powerful, he emphasizes the importance of repentance and the assurance of God's forgiveness. In his letter, John acknowledges Theodore's sin but encourages him not to despair. Instead, he urges Theodore to turn to God in sincere repentance, seeking forgiveness with a contrite heart. John emphasizes the boundless mercy of God, who is always ready to forgive those who genuinely seek redemption. He reminds Theodore that despite his transgression.

God's love and grace are unfailing, offering hope and restoration to all who repent. John's message underscores the transformative power of repentance and the importance of holding onto hope in God's mercy, even in the face of sin and failure.

While John Chrysostom's letter to Theodore does not provide explicit steps of repentance, it does offer guidance on how Theodore can find forgiveness, accept himself, recognize his value, and embrace God's acceptance despite his sin. Based on the principles conveyed in John's writings, here are steps that Theodore could take:

1. **Acknowledgment of Sin:** Theodore should first acknowledge his sin without trying to justify or minimize it. This involves an honest confession of wrongdoing and a recognition of the seriousness of his actions (1 John 1:9).

2. **Sincere Repentance:** Theodore must genuinely repent for his sin, which entails a heartfelt sorrow for having offended God, a firm resolution to turn away from sin, and a commitment to amend his ways (2 Corinthians 7:10).
3. **Confession and Seeking Forgiveness:** Theodore should confess his sin to God in prayer, expressing his remorse and asking for God's forgiveness. He can also seek the guidance of a trusted spiritual advisor or priest for counsel and support in the process of reconciliation (James 5:16).
4. **Acceptance of God's Forgiveness:** Theodore must trust in God's mercy and believe in the assurance of forgiveness offered through Jesus Christ. He should accept God's forgiveness with gratitude and faith, knowing that God's love is greater than his sin (Ephesians 1:7).
5. **Self-Acceptance and Knowing One's Value:** Theodore needs to recognize that his worth is not defined by his past mistakes. He is a beloved child of God, created in His image, and endowed with inherent dignity and value (Genesis 1:27). Theodore should accept himself with all his flaws and imperfections, understanding that God's love is unconditional (Romans 5:8).
6. **Renewed Commitment to Righteousness:** Theodore should commit himself to a life of righteousness and virtue, striving to live in accordance with God's will and to avoid falling into temptation in the future (Romans 6:13).
7. **Embracing God's Acceptance:** Theodore should embrace God's acceptance of him as a forgiven and redeemed individual. He should rest in the assurance of God's love, knowing that nothing can separate him from the love of God in Christ Jesus (Romans 8:38-39).

By following these steps of repentance, accepting oneself, recognizing one's value, and embracing God's acceptance, Theodore can experience the transformative power of God's grace and find restoration in his relationship with God.