



Coptic Orthodox Diocese of the Southern United States

Monthly Message for the Priests Wives

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Repentance

Volume 8

Here are quotes from Church Fathers Augustine, Chrysostom, and Ambrose on the theme of repentance:

Augustine of Hippo (354–430):

Quote: "God has promised forgiveness to your repentance, but He has not promised tomorrow to your procrastination."

Reference: Augustine, "Homilies on the First Epistle of John," Homily 8.10

John Chrysostom (349–407):

Quote: "Repentance opens the door to God's mercy, but impenitence is the door to sin."

Reference: Chrysostom, "Homilies on Genesis," Homily 16.3

Ambrose of Milan (340–397):

Quote: "Let not a man say, I have sinned, and what harm has befallen me? for the Lord is long-suffering. Of surety, for the present, He is long-suffering; but in the day of judgment, strict."

Reference: Ambrose, "Exposition of the Gospel of Luke," Book X.112

Augustine of Hippo:

Quote: "Do not despair; one of the thieves was saved. Do not presume; one of the thieves was damned."

Reference: Augustine, "Sermons," 2.11.12

John Chrysostom:

Quote: "Repentance is the medicine which destroys sin; if we repent, our sins are wiped out; but if we become arrogant, we nourish them."

Reference: Chrysostom, "Homilies on the Gospel of Matthew," Homily 3.6

Ambrose of Milan:

Quote: "He who confesses his sins and repents of them, already walks in the ways of the Lord."

Reference: Ambrose, "On Repentance," Book II.6.35

Augustine of Hippo:

Quote: "The confession of evil works is the first beginning of good works."

Reference: Augustine, "Exposition on Psalm 37," 37.4

John Chrysostom:

Quote: "Repentance is the root; forgive usury, and the branches are forgiven."

Reference: Chrysostom, "Homilies on Matthew," Homily 64.2

Ambrose of Milan:

Quote: "He who has repented of his sins has conquered his enemy."

Reference: Ambrose, "On Repentance," Book II.11.64

These quotes provide insights into the teachings of these Church Fathers on the importance of repentance, its transformative nature, and the abundant mercy of God.

Steps for clear repentance:

1- Self-Examination:

Begin by introspecting and honestly assessing your thoughts, actions, and attitudes. Self-awareness is crucial for identifying areas that need repentance.

2- Acknowledgment of Sin:

Acknowledge and confess sins before God. This involves taking responsibility for your actions and seeking forgiveness with genuine remorse.

3- Prayer and Fasting:

Engage in regular prayer and fasting. These practices help cultivate discipline, self-control, and a deeper connection with God.

4- Sacrament of Confession:

Participate in the Sacrament of Confession regularly. Confession provides an opportunity to confess sins to a spiritual father, receive guidance, and experience the healing power of God's forgiveness.

5- Scripture Study:

Immerse yourself in the study of the Bible. Understanding and meditating on biblical teachings can guide you in leading a life aligned with God's commandments.

6- Participation in Church Sacraments:

Regularly participate in the sacraments of the Church, such as the Holy Eucharist. These sacraments offer spiritual nourishment and strengthen your connection with the divine.

7- Ascetic Practices:

Incorporate ascetic practices into your life, such as humility, simplicity, and detachment from worldly pursuits. These practices help in overcoming passions and attaining spiritual clarity.

8- Cultivation of Virtues:

Actively work on cultivating virtues such as love, patience, kindness, and forgiveness. Striving for virtue is a positive way to counteract sinful tendencies.

9- Community Involvement:

Engage in the life of the Christian community. Participate in communal worship, support fellow believers, and seek guidance from spiritual mentors within the Church.

10- Service and Charity:

Practice acts of service and charity. Serving others with a pure heart and providing for those in need contribute to a life of purity and selflessness.

11- Continuous Repentance:

Recognize that repentance is an ongoing process. Continually strive to grow spiritually, seeking God's mercy and grace as you navigate the challenges of life.