



## Coptic Orthodox Diocese of the Southern United States

### Monthly Message for the Priests Wives

May 2025

### Repentance

#### Volume 10

#### **Developing a teachable spirit and embracing a posture of discipleship:**

Certainly, developing a teachable spirit and embracing a posture of discipleship involves humility, openness, and a willingness to learn. Here are six spiritual ways, supported by biblical verses from the New King James Version (NKJV), to foster a teachable spirit in discipleship:

##### **1. Humble Yourself Before God:**

- *Biblical Reference:* James 4:10 (NKJV) - "Humble yourselves in the sight of the Lord, and He will lift you up."
- *Explanation:* Humility is the foundation of a teachable spirit. Acknowledge your dependence on God, recognizing His wisdom and authority. As you humble yourself, God will exalt and guide you.

##### **2. Be Open to God's Correction:**

- *Biblical Reference:* Proverbs 3:11-12 (NKJV) - "My son, do not despise the chastening of the Lord, nor detest His correction; for whom the Lord loves, He corrects, just as a father the son in whom he delights."
- *Explanation:* Embrace God's correction with a receptive heart. His correction is an expression of love and a means of shaping you into a disciple who follows His wisdom.

##### **3. Seek Wise Counsel:**

- *Biblical Reference:* Proverbs 12:15 (NKJV) - "The way of a fool is right in his own eyes, but he who heeds counsel is wise."
- *Explanation:* Actively seek wise counsel from spiritual mentors, fathers, and guides. Listening to their guidance aligns with wisdom and cultivates a teachable spirit.

#### **4. Learn from Jesus' Example:**

- *Biblical Reference:* Matthew 11:29 (NKJV) - "Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls."
- *Explanation:* Follow Jesus' example of humility and meekness. As you take His yoke upon yourself, you learn the way of humility and discover the rest that comes from a teachable heart.

#### **5. Study and Meditate on God's Word:**

- *Biblical Reference:* Psalm 119:105 (NKJV) - "Your word is a lamp to my feet and a light to my path."
- *Explanation:* Immerse yourself in the Scriptures. God's Word is a guide that illuminates the path of discipleship. Regular study and meditation foster a teachable spirit.

#### **6. Cultivate a Willingness to Change:**

- *Biblical Reference:* Romans 12:2 (NKJV) - "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."
- *Explanation:* Be open to transformation. A teachable spirit is marked by a willingness to change and be conformed to God's will, allowing the renewal of your mind.

By incorporating these spiritual practices into your life, you can develop a teachable spirit in discipleship. Humility, openness to correction, seeking wise counsel, learning from Jesus, studying God's Word, and being willing to change are key elements in fostering a heart that eagerly follows God's wisdom and guidance.

## **Holy sadness:**

In 2 Corinthians 7:10, St. Paul writes about the concept of "godly sorrow" or "holy sadness." Let's explore how one might transfer their sadness for committing a sin into holy sadness based on this biblical passage:

1. **Recognition of Sin:** Acknowledge the specific sin committed and its impact on your relationship with God. Honest self-reflection is the first step in the process.
2. **Contrition and Genuine Sorrow:** Allow the realization of sin to evoke genuine sorrow. Understand the gravity of the actions and the distance it may have created between you and God.
3. **Repentance and Turning Away:** Repentance involves a sincere change of heart and a commitment to turn away from sinful behavior. Make a conscious decision to align your life with God's will.
4. **Confession in Prayer:** Engage in heartfelt prayer, confessing your sins to God. Openly express your remorse and seek His forgiveness through the redemptive work of Jesus Christ.
5. **Acceptance of God's Mercy:** Embrace the mercy of God. Trust that through faith in Jesus Christ, your sins can be forgiven, and you can be reconciled with God.
6. **Understanding Godly Sorrow:** Reflect on the difference between worldly sorrow and godly sorrow as mentioned by St. Paul. Godly sorrow leads to repentance and salvation, while worldly sorrow may lead to despair.
7. **Meditation on Scripture:** Turn to relevant Bible verses that discuss forgiveness, repentance, and the transformative power of God's grace. Meditate on these passages for spiritual guidance.
8. **Seeking Accountability and Guidance:** Share your struggles with your father of confession. Seek accountability and guidance to navigate the path of repentance and transformation.
9. **Acts of Repentance and Restitution:** Consider tangible acts of repentance or restitution as a demonstration of your commitment to

change. This may include making amends or actively working to rectify the consequences of the sin.

10.       **Renewed Commitment to Holiness:** Use the experience of godly sorrow as a catalyst for renewed commitment to a holy life. Strive for holiness and continually seek God's guidance in your journey of faith.
11.       **Gratitude for God's Grace:** Develop a deep sense of gratitude for God's grace and forgiveness. Understand that your relationship with God is not based on your merit but on His unmerited favor.
12.       **Moving Forward in Faith:** Having experienced godly sorrow and received forgiveness, move forward in faith. Let the transformative power of God's love shape your character and actions as you grow in your relationship with Him.

Remember that the process of transferring sadness for sin to holy sadness is a dynamic and ongoing journey. It involves continual reliance on God's grace, sincere repentance, and a commitment to live in alignment with His teachings.