

Great Lent and Live Repentance

In our spiritual life, we always need our repentance to be alive; that is to be watchful and vigilant for the cleanliness of our hearts, the sanctity of our souls, and the purity of our senses and mouths.

In general, we attain live repentance by being diligent in prayer, whether in the prayer chamber using the Agpiya psalms or in the Divine Liturgy and the church services. Without prayer repentance would die in us, because without the grace that pours upon us in prayer, we become unable to fulfill the commandments of Jesus and become weak before the sins that are fighting us.



In fact the period of fasting is a magnificent opportunity to restore the vigor of repentance which we lose, sometimes because of negligence and sloth, and other times by engaging ourselves in the worldly distractions and concerns.

The period of Great Lent is a powerful exercise for discipline. Additionally, fasting is often accompanied with humbling prayers, metanoias, attending late liturgies, and partaking of the divine sacraments. All of these are spiritual practices that provide us with abundant grace to support and strengthen our repentance.

Perhaps we notice that when we neglect these practices, our repentance wither away, and impurities would accumulate in our lives. We would

then need to work harder to restore the vigor of repentance inside of us again. Therefore, the remarkable order of the church in charging up the fasting season with all of this amount of spiritual nourishment of prayers, metanoias, liturgies, hymns, and readings; Is an invaluable opportunity to renew repentance and revive it in the heart.

Live repentance grows and bears fruit, like a tree planted on the streams of living water that grow and mature and give fruits in due season. Thus, the period of fasting, including the spiritual nourishment that fills us up, helps us to grow and make fruits worthy of repentance... love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control (Gal. 5). Just as the tree bearing fruit is an assuring sign that the tree is alive, the bearing of the Fruits of the Spirit in our lives is a clear evidence of the continuous work of divine grace within us, and that our repentance is alive and growing.

Lent is the best time of the year to invigorate repentance in our hearts, and make it alive throughout all the days of our lives.

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