



Excerpt from ***Christ Our Pascha***

Repentance

Repentance has a positive character - it is liberating and life-creating rather than de-meaning. It is the force of renewal and rebirth, the fruit of hope, and the negation of despair. This is so because repentance is not looking down at one's own faults, but looking up towards the Lord's love; not backwards with self-reproach, but forward with faith. One must focus not on what one has failed to achieve, but on that which, with the mercy of Christ, one may still become. Repentance is a continuous path toward personal healing and growth. Saint John Climacus teaches:

The person turning away from the world in order to shake off the burden of his or her sins should imitate those who sit outside the tombs in the city. Let this person not desist from ardent raging tears, from the wordless moans of the heart, until this person sees Jesus himself, coming to roll back the rock of hardness off them. (#783)