



Confession and Forgiveness

We all know that living an Orthodox Christian life is not always easy. Many temptations surround us each and every day. At times it becomes very difficult for us to turn away from these pressures and we sin. We must realize, however, that even though we sin, we can be forgiven.

Through Holy Scripture and the teachings of the Church we learn that God wants us to act in a certain way. He wants the best for us and has given us guidelines to follow so that we can live according to His will. Each of us has a personal relationship with God. When we go against His will, we sin against Him and hurt that relationship. Our sins get in the way and separate us from God. It is important then, that we repair our relationship with God by asking Him to forgive our sins. We do this through the Sacrament of Holy Confession.

When we have sinned, the first step in repairing our relationship with God is to repent. Through repentance we recognize that we have done something wrong and we decide to make amends. By repenting we are saying that we will try our very best not to commit that type of sin anymore.

Once we have repented we must further mend our relationship with God. To do this we participate in the Sacrament of Holy Confession. In this Sacrament we take all of our shame, guilt, and regret to God and ask for His forgiveness. The priest helps us to do this by praying with us and giving us advice that will help us not fall into that sin again.

No matter what our sins are, if we confess them to God and ask for His forgiveness, He will forgive us. Through confession all the sins that we have committed are erased completely. By wiping away our sins through confession we repair our relationship with God and we grow closer to Him.