

## Walking with God: Repentance

Today we're going to talk about repentance. Let's start by taking a look at what the Catechism has to say about repentance. Have someone read:

- CCC 1431
- CCC 1452

Now let's read a couple of verses in the Bible where John the Baptist and later, Jesus talk about the need for repentance.

- Matthew 3:1 - 3
- Luke 5:31-32

Lastly, let's read a verse about God's promise to us if we repent.

- 1 John 1:9

### Discussion Questions:

1. From the first Catechism quote (CCC 1431), can you identify some key characteristics of repentance based on what the Catechism said?
  - a. *A turning away from the sin*
  - b. *A hating of the sin (repugnance)*
  - c. *A desire and commitment to change*
  - d. *A trust in God's mercy and grace to help us change*
  - e. *A grief over the sin*
2. CCC 1452 talks about "perfect" contrition, in other words, when we're sorry for our sins primarily because of the effect, or injury it had on our relationship with God, or on God himself, as opposed to just because we know it was wrong. We feel how it must have grieved him and we ourselves grieve how we hurt him. It's all about our love for him.
  - a. Have you ever experienced perfect contrition? How did it feel? You don't have to share the sin!
  - b. *We can ask God to give us grace for perfect contrition. He can help us get there.*
3. Reading the verses of John the Baptist and Jesus talking about repentance, what "ways" and "paths" is he even talking about? And what is it that makes them straight?
  - a. *The paths are in our hearts, and the crookedness is our sins. Our repentance is what makes his path straight, his path to have our heart.*
4. What happens if we sin the same sin over and over again? Can we still repent of it?
  - a. *Yes, as long as we're sincere, God would forgive us (see Matthew 18:21-22)*
5. What if you know something is a sin but you don't feel sorry about it, i.e., no contrition?
6. When you go to confession, how is the experience for you? How do you feel?
7. Does repentance make you sense God's approval or disapproval? Does it lead you closer to him or further away?
8. If you want to do a better job of repenting or going to confession, what might you consider doing? For example, we can ask God to show us our sins so that we can repent of them (we're not always very aware). Other thoughts?