

Walking with God: Repentance

Matthew 3:1 - 3

In those days John the Baptist appeared, preaching in the desert of Judea [and] saying, "Repent, for the kingdom of heaven is at hand!" It was of him that the prophet Isaiah had spoken when he said:

"A voice of one crying out in the desert,
'Prepare the way of the Lord,
make straight his paths.'"

Luke 5:31-32

Jesus said to them in reply, "Those who are healthy do not need a physician, but the sick do. I have not come to call the righteous to repentance but sinners."

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Interior repentance is a radical reorientation of our whole life, a return, a conversion to God with all our heart, an end of sin, a turning away from evil, with repugnance toward the evil actions we have committed. At the same time it entails the desire and resolution to change one's life, with hope in God's mercy and trust in the help of his grace. This conversion of heart is accompanied by a salutary pain and sadness which the Fathers called *animi cruciatus* (affliction of spirit) and *compunctio cordis* (repentance of heart).

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When it arises from a love by which God is loved above all else, contrition is called "perfect" (contrition of charity).

1 John 1:9

If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.