

## Repentance Is...

*Here are some passages from the Heavenly Doctrine to help us reflect on why and how we should work on repentance.*

Repentance is confessing one's sins and with a humble heart praying that they may be forgiven, desisting from doing them, and leading a new life in accordance with the commandments of charity and faith (*New Jerusalem and Its Heavenly Doctrine* 161).

He who leads a life of charity and faith, practices repentance daily; he reflects on the evils which are with himself: he acknowledges them, guards against them, and prays to the Lord for help (*New Jerusalem and Its Heavenly Doctrine* 163).

A person who examines himself in order to repent should examine his thoughts and the intentions of his will. In this he must examine what he would do if he could, if, that is, he was not afraid of the law and the loss of reputation, honor and gain. A person's evils are in his thoughts and intentions. Willing evils is the same as doing them. This is the meaning of self-examination (*New Jerusalem and Its Heavenly Doctrine* 164).

Repentance of the mouth and not of the life is not repentance (*New Jerusalem and Its Heavenly Doctrine* 165).

Signs that sins are remitted or removed are the following. They whose sins are remitted, perceive a delight in worshiping God for the sake of God, and in serving their neighbor for the sake of their neighbor, thus in doing good for the sake of good, and in speaking truth for the sake of truth (see *New Jerusalem and Its Heavenly Doctrine* 167).