

## The Heart of a Disciple: Part I – Repentance & Ongoing Conversion

- Assessment: what is the condition of my soul today?
  - Temptations I face?
  - Sins I have committed?
  
- Attitude: What is my mindset as I reflect on my weaknesses and failures
  - Downplay...it's not that important
  - Overplay...God won't forgive me
  - Faithfully...run to the Cross of Christ!
  
- Elements of Repentance
  - Contrition – being sorry for my sins
  - Confession – disclosing our sins in a safe and respected context
  - Reparation – we do our part to right the wrong we have done
  - Absolution – we encounter God's grace
  
- Habit – the consistent pattern of behavior that reinforces our thoughts, words and actions
  - Cultivating an ongoing series of Christian habits
  - Weed out destructive habits (vices) which weaken our lives
  - Give thought and energy to building strong patterns of behavior – internally and externally
  
- Practical points to consider
  - Using an Examination of Conscience every day
  - Daily Personal Prayer which incorporates Gratitude and Petition
  - Regular reception of the sacraments of Eucharist and Confession
  - Regular reading of the Word of God
  - Fellowship with others who seek to follow the Lord
  - Take advantage of the opportunities of Lent!
  
- NOTES: