



**Great Lent Competition 2025**  
**Study on the Book “The Life of Repentance and Purity” by HH Pope Shenouda III**  
**Part Two**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Date of Submission: \_\_\_\_\_

**First: Place a check (✓) for true or a cross (X) for false:**

1. As long as sin is separation from God, repentance is therefore a return to God (.....)
2. Baptism of adults requires faith and confession, and church laws do not prohibit baptizing the unrepentant (.....)
3. Faith without repentance does not save anyone because lack of repentance destroys a person (.....)
4. Repentance is easy for those who know they are sinners, but for the righteous in their own eyes, what would they repent of? (.....)
5. He who sins is a person who does not know his own worth, which is why a sinner is called a “philosophizing world” (.....)
6. Blaming others does not justify you, even if that other person is truly blameworthy, therefore you should focus on what you have done (.....)
7. All the Lord wants from you is to respond to His voice within you; He wants you not to harden your heart when you hear His voice (.....)
8. Sin is exhausting, and its seriousness may not be felt until a time after it is committed, when the conscience awakens on its own or due to an external influence (.....)
9. Every fruitful and steadfast day in the Lord is a living day, and every day spent in sin is a dead day (.....)
10. Your existence on this earth is merely a short period of exile, after which you return to God (.....)

**Second: Choose the correct answer(s):**

1. Repentance is: \_\_\_\_\_
  - a) A person returning to themselves
  - b) Liberation from the bondage of Satan
  - c) Returning to God
  - d) Abandoning sin out of love for God
  - e) (a, c)
  - f) All of the above

2. Sin is \_\_\_\_\_:
- a) Separation from God
  - b) Enmity with God
  - c) Spiritual death
  - d) Ignorance, negligence, weakness, and lack of awareness of Satan's tricks
  - e) (a, b)
  - f) (a, b, c)
  - g) All of the above
3. The common excuses some people use to justify not living well \_\_\_\_\_:
- a) Everyone is like this
  - b) The intensity of external pressures
  - c) I am weak, and the commandment is difficult
  - d) God does not command us to do the impossible
  - e) (a, d)
  - f) All of the above

**Third: Complete the following:**

Sing with joy with Pope Shenouda and say:

“ \_\_\_\_\_ am not dirt, but in the \_\_\_\_\_ I live.

I am not \_\_\_\_\_, but a \_\_\_\_\_.

From the mouth of \_\_\_\_\_.

I will \_\_\_\_\_ to God, to \_\_\_\_\_ where I  
\_\_\_\_\_ from.”