



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

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of Submission: \_\_\_\_\_

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

1. Purity of heart is a sign of complete repentance. (.....)
2. Repentance is merely a courtesy to please God and not a love for righteousness. (.....)
3. If we sin by choice after receiving the knowledge of the truth, there remains no more sacrifice for sins, but only a fearful expectation of judgment. (.....)
4. A repentant person who hastens to joy finds it difficult to return to their old sins again. (.....)
5. It is good to avoid remembering sins because recalling them reignites the battles of sin. (.....)
6. Your true friend is your companion on the path to the Kingdom and shares in your spiritual life. (.....)
7. A repentant person does not rebuke anyone, and if they do, they do not forget the spirit of meekness. (.....)
8. The devil, who watches human life, never rests from trying to prevent someone from escaping his grasp through repentance. (.....)
9. It is easy for a person to repent daily, but what matters is to repent consistently. (.....)
10. Complete purity is purity from all sins. (.....)

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

1. Purity of heart is:
  - a) Not falling into sin
  - b) A person, at a certain time, not being attacked by sin
  - c) Grace intervening and triumphing within the person
  - d) Entering every battle with sin, in the depth and intensity of the struggle, without wavering
  - e) (a, b) only
  - f) (c, d) only
  - g) All of the above
2. A person with a pure heart:
  - a) Always has pure thoughts
  - b) Does not judge any action
  - c) Does not think evil
  - d) As much as possible, takes things with innocence and purity
  - e) All of the above

**Third: Complete the following:**

1. Purity of heart fills it with the love of God instead of:

---

---

2. Love is the first fruit of the Holy Spirit, and it is:

---

---

**Fourth:**

**Our teacher HH Pope Shenouda III spoke in this book about the danger of retaining some of our old habits while living a life of repentance. Write the most important of these habits that the Pope warned against retaining.**

---

---

---

---

---

---

**Fifth:**

**Mention examples from HH Pope Shenouda's book of those who began with the Spirit and ended with the flesh.**

---

---

---

---

---

---

---

---

---

---