



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

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

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

1. It is undoubtedly good to hear about the martyrs and saints, but alongside that, let us think of ourselves, for they left us an example to follow (.....)
2. It is certainly a trick of Satan to make you, when examining yourself, disregard the responsibility of others for your sins (.....)
3. Focus on condemning yourself, for this helps you repent, brings you humility and a contrite heart, and enables you to confess (.....)
4. These are considered excuses for sin: that we prayed for hidden sins and those we committed unknowingly or unwillingly (.....)
5. A sin may be very obvious and beyond debate, yet there's no harm in offering justifications and excuses for it (.....)
6. A strong heart finds a hundred ways to do what it wants (.....)
7. What matters is the heart, and as long as my heart is pure, there is no need for prayer, for God is the God of hearts (.....)
8. Yes, if you are willing, God is ready to work with you, strengthen you, and cleanse you so that you become whiter than snow (.....)
9. For he who cares for himself in a healthy way is one who is concerned with his eternity and salvation, and thus with his repentance (.....)
10. A person's view of sin must change, and with the renewal of the mind, they no longer find sweetness in sin (.....)

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

1. HH Pope Shenouda gave us in this book wonderful examples of repentance from the Holy Bible. Mention some verses that confirm that matters of repentance must not be delayed at all, but rather suit phrases like:
  - a) Now...
  - b) Immediately...
  - c) In that hour...
  - d) Hurry...
  - e) Today...

**Third: Examples:**

David was truly an ideal example of a pure heart that rejects justifications and temptations. Explain this ideal nature in his relationship with King Saul – two events only:

First: \_\_\_\_\_

\_\_\_\_\_

Second: \_\_\_\_\_

\_\_\_\_\_