



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

Name: _____ Phone Number: _____
Date of Submission: _____

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

1. Repentance is not merely an act of the heart; rather, there are works and fruits befitting it and indicating it. (.....)
2. It is not permissible for the confessor to justify himself, defend himself, attribute responsibility for his mistakes to others, or turn confession into a complaint. (.....)
3. Shame for sin is a correct sign, but Satan exploits it by immersing one in a life of entertainment, amusement, and laughter. (.....)
4. God forgave Peter’s denial, but history still remembers and speaks of that denial—so is there any benefit to repentance? (.....)
5. The feeling that a person is a stranger on earth means he should not place his hopes in it; rather, he should renounce this world and all that is in it and prepare for eternity. (.....)
6. But now you are a sinner, you feel that you are a sinner, and you strive to repent, and repentance may continue with you throughout your life until you reach purity. (.....)
7. Repentance is restoring what was wronged fourfold, like Zacchaeus, and nothing less than that. (.....)
8. One who does not sin may judge sinners, but one who has sinned and experienced the weakness of human nature has compassion for them. (.....)
9. The repentant feels a desire for silence, seeing himself unworthy of speaking, for listening is better than talking. (.....)
10. Tears are a sign of repentance and have a response from the Lord; they have a voice that the Lord hears, softening His heart, though they are not an essential condition. (.....)

Second: Choose the correct answer(s):

1. For the repentant person, their old sin may have ended in terms of punishment but not in memory—it still remains in their memory:
 - a) It grants them brokenness
 - b) A feeling of unworthiness
 - c) They live in it as a beginner
 - d) As the foremost of sinners
 - e) (a, b) only
 - f) (b, d) only
 - g) (c, d) only
 - h) All of the above

2. Repentance is a warmth that flows through a person, igniting a desire to change their life for the better, because it:
- a) Gives birth to a mighty love for God
 - b) Contemplates the ugliness of sin
 - c) Teaches the weight of sins and God's forgiveness of them
 - d) Understands the depth of the cross and redemption
 - e) (b, c) together
 - f) (c, d) together
 - g) All of the above

Third: Complete the following based on what you understood from Pope Shenouda's explanation of the conditions of the new life after repentance:

- We walk in _____
- We walk according to _____
- We walk as is worthy of _____
- Bearing fruit in _____ and _____