

29 Νοεμβρίου 2009

What The Church Fathers Say about Confession

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Enter into the Church and wash away your sins. For there is a hospital for sinners

and not a court of law. **St. John Chrysostom .**

This, my son, is how you should begin your life according to God. You should continually and unceasingly call to mind all the blessings which God in His love has bestowed upon you in the past, and still bestows for the salvation of your soul. You must not let forgetfulness of evil or laziness make you grow unmindful of these many and great blessings, and so pass the rest of your life uselessly and ungratefully. For this kind of continual recollection, pricking the heart like a spur, moves it constantly to confession and humility, to thanksgiving with a contrite soul, and to all forms of sincere effort, repaying God through its virtue and holiness. In this way the heart meditates constantly and conscientiously on the words from the Psalms: «What shall I render unto the Lord for all that He hath rendered unto me?» (Ps. 115:3). .

Venerable Mark the Ascetic

From the Letter to Nicolas the Solitary .

Regarding the rest of mankind, you should pray for them unceasingly, for we can always hope that repentance may enable them to find their way to God. Give them a chance to learn from you, or, at all events, from the way you behave. Meet their animosity with mildness, their high words with humility, and their abuse with your prayers. But stand firm against their errors, and if they grow violent, be gentle instead of wanting to pay them back in their own coin. Let us show by our forbearance that we are brothers, and try to imitate the Lord by seeing which of us can put up with the most ill-usage or privation or contempt so that in this way none of the devil's noxious weeds may take root among you, but that you rest in Jesus Christ in all sanctity and discipline of body and soul. .

Holy Hieromartyr Ignatius the Godbearer of Antioch .

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