

CHANGE OF HEART

Lord's Flock General Assembly Topic

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The first words that Jesus spoke in the gospel of Mark give the core of His teaching: "Repent, and believe in the Gospel." To "repent" and to "believe" must be



hand in hand. True repentance produces a change of heart. God, in His loving mercy, imparts the graces to us through the Sacrament of Reconciliation.

1. Repentance implies a change in direction. It is turning away from sin and turning to God.

1.1 To go in one direction is NOT to take any other direction at the same time.

1.2 To repent is to commit to one direction in life.

2. The obliteration of sinners does not make people avoid sin. There must be a change of heart.

2.1 Many died in the worldwide flood during the time of Noah (Gen. 6:13-19). However, as years passed, people did not learn from this and continued to sin. In Gen. 11: 1-8, the people even attempted to construct the Tower of Babel that would reach the heavens. Pride in their achievement was apparent.

2.2 Real and lasting change must begin in the heart. This is why King David asked God to cleanse his heart (Psalm 51). We must ask God to purify our hearts because only God can cleanse and change our hearts.

2.3 Let God do His job. Let us ask for grace for a change of heart, not just for ourselves but for others, too.

3. Believe!

3.1 Believe that all God wants is to forgive us (Lk 15:7). God rejoices when we repent, and He is very eager to forgive us.

3.2 Believe that, when God forgives, He forgets.

3.3 Believe that God has already forgiven us.

3.4 Believe that we can trust God completely.

3.5 Believe that the perfect time to repent is NOW. The time for change is NOW.

3.6 Believe that repentance is a process. Our heart is changing and our life gets better.

4. Through Confession we are given the graces we desperately need.

4.1 God gave us a sure way to forgive our sins through the Sacrament of Reconciliation (Mt.18:18).

4.2 We, Catholics, believe that, with sincere sorrow and repentance for our sins, the absolution given by the priest during Confession reconciles us with God.

4.3 John 20:23 is a key passage for Catholics regarding the sacrament of confession: "If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." Jesus gave the apostles the authority to forgive sins.



CONCLUSION: Our ever loving and merciful God wants to draw us to Himself. If we sincerely repent and confess our sins, He promises to forgive us and give us the necessary graces to change our hearts.

REFLECTION: When was your last Confession? Resolve to go to Confession this Lenten season.

SCRIBES Ministry:

Transcribed by: Te Florentino

<https://lordsflock.org/teachings/digests>

Tags: #Confession, #Repent, #Lent