

# “Interventions”



## Patristic Gems On True Repentance



33. He who really keeps account of his actions considers as lost every day in which he does not mourn, whatever good he may have done on it.

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36. He who grieves for himself will not know another's grief or fall or reproach.

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37. A sign of deliverance from our falls is the continual acknowledgment of our indebtedness.

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38. Nothing equals or excels God's mercies. Therefore he who despairs is committing suicide.

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38. A sign of true repentance is the acknowledgement that we deserve all the troubles, visible and invisible, that come to us, and even greater ones.

*Step 5, “On true Repentance”  
The Ladder of Divine Ascent, by St. John Klimakos*

**Presented by**  
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St. Gerasimos of Jordan