

## Work ... what's repentance got to do with it?

What does repentance have to do with work?

This is what a handful of ministry leaders from the Cathedral of Christ the King came together to lead an interactive session about on Tuesday, November 14<sup>th</sup> – and there sure was a lot of discussion at the tables amongst those present.

“What is repentance?” asked Natalie Grasso, who facilitated the session, and is both a parishioner at CTK and Director of Individual Giving at the Woodruff Arts Center.

Sacrifice ... Pain ... Forgiveness ... Relief ... Turning back.

These were all words that those present shared came to mind right away when trying to define repentance.

The discussion and continued from there, ultimately leading to some of the following being shared and accepted about repentance:

- “Repentance is a complete change of mind or turning. There needs to be a sense of remorse or guilt that causes the turn (‘the sin’).”
- “Without acknowledgement of sin, there can be no repentance. Do I want to acknowledge the sin in my life to be able to even go there (to repentance)?”
- “Repentance is actually a gift – a gift to move to God.”

To go through the facilitated discussion and discernment that all at the session went through on Nov. 14<sup>th</sup>, please see the following two pages.

The first contains the questions discussed at the tables during the session, and the second contains the Ignatian Examen shared at the close for everyone to take with them and use daily.



“The world compares me to my neighbor, but God compares me to my former self.”

- Matthew Kelley, *Resisting Happiness*



# BELIEVES

BUSINESS EXECUTIVES LEADING WITH INTEGRITY, ENTRUSTED VALUES, AND EXPECTANCY

## WHAT IS REPENTANCE?

- Greek word *metanoia* means change of mind, repentance.
- Hebrew words are *Nacham*, which means to regret and *shuwb*, which means to turn or return.

RECOGNITION -----> REFLECTION -----> REPENTANCE -----> RECONCILIATION

**RECOGNITION:** What is a moment when something occurred and you recognized you turned from God? How is this moment different in a professional setting?

**REFLECTION:** What is at the “root” of why you turned from God in the moment(s) you are recalling? What is the difference if reflection occurs only after recognition, versus continually (a.k.a. “before” recognition like with a daily Examen)? Describe how the pattern may differ at work.

**REPENTANCE:** When have you turned away from God? What keeps you from turning back to God? How are those obstacles different in a work environment?

**RECONCILIATION:** What steps are needed to have reconciliation with anyone involved in the moments you recalled? Are the steps different in a work setting?

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## Ignatian Examen [St. Ignatius Loyola](#)

### Specifically, How Do You Do the Examen?

Ignatius provides a simple five-step routine for our daily Examen:

#### **Give thanksgiving.**

I begin by giving God thanks for all the things I'm grateful for today. I allow my mind to wander as I reflect on the ways God has blessed me on this particular day. I allow big things and small things to arise—everything from the gift of my faith, to the gift of my marriage, to the easy commute to work today.

#### **Ask for the Spirit.**

Next, I want to look at the moments in my day when I did not act so well. However, before doing so, I ask God to fill me with his Spirit so that the Spirit can lead me through this difficult soul-searching. Otherwise, I'm liable to hide in denial, wallow in self-pity, or seethe in self-loathing.

#### **Review and recognize failures.**

I look back at my day and ask the Lord to point out to me the moments when I have failed in big ways or small. I take a sobering look at the mistakes I've made this day.

#### **Ask for forgiveness and healing.**

If I have sinned, I ask God to forgive me and set me straight again. If I have not sinned but simply made a mistake, I ask for healing of any harm that might have been done. I ask for help to get over it and move on. I also ask for wisdom to discern how I might better handle such tricky moments in the future.

#### **Pray about the next day.**

I ask God to show me how tomorrow might go. I imagine the things I'll be doing, the people I'll see, and the decisions I'll be mulling over. I ask for help with any moments I foresee that might be difficult. I especially ask for help in moments when I might be tempted to fail in the way I did today.

To help me remember the five steps, I like to use a 5-Rs mnemonic:

- Relish the moments that went well and all of the gifts I have today.
- Request the Spirit to lead me through my review of the day.
- Review the day.
- Repent of any mistakes or failures.
- Resolve, in concrete ways, to live tomorrow well.

Excerpted from [Reimagining the Ignatian Examen](#)

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