

WELCOME

Whether you're just visiting or looking to stay, it is great to have you with us. During your time here please swing by the Connection table to pick up a gift, a message by Fr. Anthony and information about STSA and how to get connected into the community.

A GREAT TIME FOR CHILDREN

Our aim is to make this time the best hour of your child's week and the most helpful hour of yours. We invite you to visit our kids programs (18 months through high school) on the third floor to find out more. Check in for children 18 months – 5th grade is located next to the coffee tables.

ANNOUNCEMENTS & UPCOMING EVENTS

NEW TO ORTHODOXY? Stop by the connection table and ask for our Understanding Orthodoxy CD, a message from Fr. Anthony.

CONNECTION WITH US ONLINE:

TWITTER - twitter.com/stsachurch

FACEBOOK: facebook.com/stsachurch

LEISURE GROUPS: We have numerous opportunities for fellowship as we seek to build authentic community. Here is what's coming up!

Pizza & a Movie at the Hanna's – Watching Evan Almighty!

When: Fri, November 15, 6:30pm – 9:30pm

Where: The Hanna's Home in Fairfax Station

Bring a pillow and your favorite movie snack to share

Line Dancing Class (with \$5 cover charge)

Date: Tuesday, October 29th, 7:30-9:00pm

Where: Fast Eddie's, 14114 Lee Highway Centreville, VA 20120

Sign up to attend these get together's at the Connection table or on mySTSA.com

Welcome to The Well

St. Timothy & St. Athanasius

An Ordinary Place Where Extraordinary Things Happen



"Repentant Prayer"

TheWellatSTSA.com

STSAchurch.org

October 27, 2013

Repentant Prayer

"The first characteristic of the kingdom of heaven is the overflowing joy that comes from contrition and repentance."

Basilea Schlink

"Catch us the foxes, the little foxes that spoil the vines" Songs 2:15

Small deviations over time -> Missing the mark

THE NEED FOR REPENTANT PRAYER

'penthos': holy mourning, brokenness, contrite heart

"Blessed are those who mourn, for they shall be comforted."
Matthew 5:4

"Whoever wishes to advance in building up virtue will do so through weeping and tears." St. Anthony

"O wretched man that I am! Who will deliver me from this body of death?" Romans 7:24

We are not sinners because we do sinful things.
We do sinful things because we are sinners.

ENTERING THE WASHROOM

1) Ask FOR HELP

"You do not have because you do not ask." James 4:2

2) Examine MYSELF

"for the Lord searches all hearts and understands all the intent of the thoughts." 1 Chronicles 28:9

Sins of commission & omission

3) Confess MY SINS

"And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted." Luke 18:13-14

4) Enter GOD'S PRESENCE

"Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God." John 3:5

5) Act IN OBEDIENCE

"Confess your trespasses to one another, and pray for one another, that you may be healed." James 5:16

"Come, and let us return to the Lord; for He has torn, but He will heal us; He has stricken, but He will bind us up. After two days He will revive us; on the third day He will raise us up, that we may live in His sight." Hosea 6:1-2

DIY – Do It Yourself Project #4

Begin your structured prayer with 30-60 seconds of silence (yes a whole minute!) to get in the right spirit. Ask God for "a broken & contrite heart." Remind yourself that you are a sinner entering the Presence of a Holy God. Consider doing a prostration (metania) as you begin your prayer.