

CONFESSION

Confession is not easy, is it?

We are called by Jesus to confess those things that separate us from community and contribute to the brokenness of the world.

Reflect on this from Psalm 32

“While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Then I acknowledged my sin to you and I did not hide my iniquity; I said, **“I will confess my transgressions to the Lord, and you forgave the guilt of my sin.”**

Let us confess by writing on paper the broken places, attitudes and relationships in our lives and in our world. Reflect as you write. Consider what it might feel like to let go of guilt. Consider how you might work to repair broken relationships and systems.

As you feel comfortable, **you are invited to shred** these confessions as an act of release and transformation.

As you shred these pieces of paper you are invited to pray your own prayer or this prayer:

“God, we pray that you will change the grief of our guilt into the joy of forgiveness, that we may be delivered from sin and set free to serve Jesus Christ, Amen”