

# PRACTICES OF REPENTANCE

## Is there anything between us? Exploring confession

We begin with a simple exercise - bringing ourselves to God and asking Him if there's anything between us. Our Anglican Prayer Book is full of treasures to help us do this. Liturgies of morning prayer, evening prayer, night prayer and Eucharist include beautiful and meaningful settings of the confession and absolution. Choose one that resonates, and in a quiet moment consider it slowly and prayerfully.

*"We forget that we are your home."  
Night Prayer, A New Zealand Prayer Book, p168*

Dwell on each line of confession. Allow the Holy Spirit to draw attention to the ways in which we have got out of alignment with God's character, and out of alignment with ourselves. The Holy Spirit longs to speak, and to communicate the heart of God to us, so listen in.

### A SAMPLE PRAYER OF CONFESSION

Jesus, we come into your presence.  
We thank you that you are such a good friend.  
In you, there is no condemnation.  
You long for us to come into the wholeness,  
the full measure of your character and your calling.

In that confidence, Jesus,  
we invite you through the grace of your Holy Spirit  
to bring to our minds, our hearts  
any area of our lives or our thinking  
that is a stumbling block between us.

We invite you to speak to us, Jesus.  
To shed your light, to bring your gift of revelation  
in your compassion, and in your grace.

Jesus, as you speak to us,  
we bring what has come into our minds before you  
we repent, and we say that we are sorry.  
We ask for your grace and for your power  
to experience freedom,  
to experience transformation.

Jesus, you make all things new.  
We invite your miraculous strength and love to make us new.  
Thank you that in you there is forgiveness.

In you there is new life  
and we walk on with you together  
to more life  
to more hope  
and more freedom.

Amen.

Stories of  
**freedom**

Watch the video at  
[youtube.com/anglicanmovement](https://youtube.com/anglicanmovement)