

PRACTICES OF REPENTANCE

The Reconciliation of a Penitent

Our third spiritual exercise takes advantage of another beautiful part of our prayer book, the service of confession and absolution. This service is a good one to undertake during Holy Week, as it's a powerful addition to our journey of repentance at this time. Do take time to sit down with the Prayer Book and discover this wonderful language, rich with news of God's grace, love and goodness.

THE POINT OF CONFESSION AND ABSOLUTION

The service provides a space for us to very specifically confess. Sometimes our hearts and minds need to hear what our mouths say. When things are hidden, they have power over us, and shame in particular makes us hide. When we say to our brothers and sisters, "I want to confess...", we do battle with the things we confess. We are taking back their power over us, and working with God on our own liberation and freedom.

Think about how you might take this service of confession and absolution during Lent or Holy Week. You can do this with those you journey in community with, with your church family, or simply with a prayerful friend. Don't do repentance alone – we are called by Christ to take this journey in close friendship and community. To confess to one another is a powerful way of releasing shame and oppression in our lives.