

PRACTICES OF REPENTANCE

Exploring kinaesthetic repentance

We have been contemplating and sitting still throughout our exercises so far. Now, here is a physical practice for those of us who love to have something to *do*.

IDENTIFY, NAME, AND RELEASE

Here is an opportunity to let go of things that have power over us.

- False beliefs about ourselves, or about God – temptations, fears, negative thinking.
- False idolatry – things you are holding onto or that have power over you, that you need to let go of.

Our communities around the diocese have really got into this over the last several years and have been incredibly creative in putting this into practice and journeying together to let things go. As a family, church, community, ministry group, or even by yourself, give it a try.

There is no set way to structure this exercise, but some ideas to get you started are:

- As a group, gather a stone each. Tell each other what your stone represents, then take the stones down to the beach and throw them into the sea.

Continued over...

...perhaps my biggest moment came during my first stay at a marae: how I delivered my mihi, and how it highlighted just how distorted my story was. I had included my job in my greeting, and I had spoken. The stark difference immediately confronted me. I felt something key about me would be missing if I didn't say what I did for work. What if I didn't? How would I know how I earned my living if they were to know me? As I sat, confronted by that tension, I recognised it went deeper. What did it say that (if I was genuine) honesty was the only reason I was there? God was because someone told me that you're supposed to acknowledge Atua? That marae stay laid a lot bare. I felt a cultural tension and spiritual challenge. I needed to explore my identity that required significant reflection and repentance. I was created to thrive in relationship with God and to know who I am for the sake of others. I was told that I needed to identify my position as a young adult, I was told that I needed to identify my position in a way to be paid to do it. Almost instinctively, my job became an extension of myself. A number of years ago, I was made redundant and had to change careers. That was extremely challenging because of how much my identity was wrapped into my job and how much my sense of self (and self-worth) was challenged. If I wasn't this job, then who was I? What would it look like to be a different person? What would it look like to be a different person?

- Write what you want to let go of on paper, collect all the pieces of paper together and burn them – a little like how we make ashes for Ash Wednesday.

There is great spiritual power in a physical practice of repentance. It's also fun!

Stories of
freedom

Watch the video at
youtube.com/anglicanmovement