

## **A Practice of Confession (and communion preparation)**

The gift of confession: Same Speech

Recall:

1. Take some time to look over your life recently. Recall important conversations, thoughts, moments and memories. Ask the Holy Spirit to reveal any attitudes or actions that did not reflect the character of Christ or the fruit of the Spirit. In what ways have you knowingly/ unknowingly chosen against God's ways of living and loving in the world, through the things you have done or left undone?
2. How have you seen yourself and others? Ask the Holy Spirit to reveal any false patterns of thinking that do not reflect yourself or others in light of your true self made in Christ.

Reflect:

1. Why? Do you notice or remember the reasoning behind your decisions or attitudes? What does the reason say about your deeper longings, frustrations, beliefs, destructive patterns, or way of operating my life? Confess these to Jesus, acknowledging your hurt, confusion, frustration, desire, need etc.
2. Are there any "old tapes" (familiar lies or messages you often think and repeat to yourself) that have been playing in your mind?

Respond:

What are your primary responses to your sin? Do you feel more shame towards yourself than sorrow over your sin towards Jesus?

1. Ask the Holy Spirit to help you see the reality of your sin before God.
2. Are there ways in which you would like to respond in love? What might this look like?
3. How might you open or posture your heart to receive the gifts God has for you in Christ, through the Spirit?

Release & Receive:

Take time to agree (same speech)

Let the weight of sin, and the natural affects of your way of operating in the world, be acknowledged and released... (move your hands from your heart to an open posture in front of you, breathing out)

Receive Jesus' forgiveness, his gentle yoke, and the ways of love... (move your hands from an open posture in front of you back to your heart, breathing in)

Reconcile:

Getting on same speech with others:

1. Are there anyone (family, friends, neighbors, co-workers, Jesus) that you need to have a conversation with in light of the above, perhaps acknowledging your sin and, as you are ready, asking for forgiveness?
2. Is there anyone you need to forgive in your heart?
3. Would you like to share with anyone the confession which God invited you into today?

Having spent time in reflection, confession, and reconciliation, we come to the table together in great thanksgiving and celebration. Because of the work of Jesus in and around us, we have great freedom.

*Simple Prayers of Confession:*

Lord Jesus, have mercy on me, a sinner.

Lord Jesus, have mercy on me, broken and needy.