

## Real Time, Real Talk: Confession

### Inside This Document:

- More to Learn: Confession Resources
- A Liturgy for Morning Prayer
- Personal Confession Template (Patrick used this in the audio)

**“The primary purpose of prayer is not to get God to do what we think God ought to do, but to be properly formed.”**

### More to Learn: Confession Resources

- Ruth Halley Barton. Thoughts on Confession.  
<https://transformingcenter.org/2010/03/practicing-lent-true-confessions/>
- Ruth Haley Barton & Rich Kannwischer. They spend the first half speaking about secrecy, which is another interesting spiritual practice especially in context of the social media of our age. The second half is on confession.  
<https://peachtreechurch.podbean.com/e/overflow-secrecy-confession-with-ruth-haley-barton-and-rich-kannwischer/>
- Richard Foster. Understanding Confession.  
<https://renovare.org/articles/understanding-confession>

**A word about liturgies:** *A liturgy by definition is a form (or formulary) according to which worship is conducted. So essentially this is an outline or guide for your morning prayer time. Some liturgies have specific prayers or confessions to recite, others just have prompts. Use what is helpful to you and allows you to meet with God.*

## A Liturgy for Morning Prayer.

### I. (Entering into the Holy)

#### Address

Father God,

creator of heaven and earth,

God of Abraham, Isaac, and Jacob,  
God of Israel,  
God and Father of our Lord and Savior Jesus Christ,  
True and Living God who is Father, Son, and Holy Spirit,  
Have mercy and hear my prayer.

### **First Prayers**

O Lord, open my lips.  
And open my mouth to proclaim your praise.  
Glory to the Father,  
and to the Son,  
and to the Holy Spirit:  
as it was in the beginning,  
is now,  
and will be forever. Amen. [Hallelujah]  
O God, make speed to save us.  
O Lord, make haste to help us.  
Glory to the Father,  
and to the Son,  
and to the Holy Spirit:  
as it was in the beginning,  
is now,  
and will be forever. Amen. [Hallelujah]

### **The Jesus Prayer**

Lord Jesus Christ, Son of the Living God, have mercy on me, [a sinner.] **(+)**

### **Confession of Sin**

Most merciful God,  
We confess that we have sinned against you

in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
We have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name.  
Amen.

**[Psalm for the Day (Corresponding to the day of the year) ]**

**[Gospel Reading (According to the Revised Common Lectionary)]**

**Apostles' Creed**

I believe in God,  
the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ,  
his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified,  
died,  
and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,

and is seated at the right of the Father.  
He will come again to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

### **Jesus Prayer**

Lord Jesus Christ, Son of the Living God, have mercy on me, [a sinner.] (+)

### **Psalm 23**

The Lord is my shepherd;  
I shall not want.  
He makes me lie down in green pastures  
He leads me beside still waters.  
He restores my soul.  
He leads me in paths of righteousness for his Name's sake.  
Even though I walk through the valley of the shadow of death,  
I shall fear no evil;  
For you are with me;  
Your rod and your staff, they comfort me.  
You prepare a table before me in the presence of my enemies;  
You anoint my head with oil,  
My cup overflows.  
Surely goodness and mercy shall follow me all the days of my life,  
and I will dwell in the house of the Lord forever.

### **Psalm 91:1-2**

He who dwells in the secret place of the Most High,  
shall abide under the shadow of the Almighty  
I will say of the Lord, "You are my fortress and my refuge,  
my God in whom I will trust.

## **II. [Prayer for Family ]**

### **Psalm 103:1-5**

Bless the Lord, O my soul, and all that is within me, bless his holy Name.  
Bless the Lord, O my soul, and forget not all his benefits.  
He pardons all your iniquities, and heals all your diseases;  
He redeems your life from the pit and crowns you with lovingkindness and mercy;  
He satisfies you with good things, so that your youth is renewed like the eagle's.  
Bless the Lord, O my soul,  
And all that is within me bless his holy name.

### **Lord's Prayer**

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power,

and the glory,  
forever.  
Amen.

### **Jesus Prayer**

Lord Jesus Christ, Son of the Living God, have mercy on me, [a sinner.] **(+)**

### **The Lord's Prayer Expanded**

Our Father, Holy Father, Abba Father, in the heavens,  
Hallowed, holy, sacred be your name.  
May the name of the Lord be praised, day and night, everywhere.  
Great are you Lord and greatly to be praised.  
Holy, holy, holy is the Lord God of hosts,  
The whole earth is full of your glory.  
Holy, holy, holy is the Lord God almighty,  
Who was, and is, and is to come.  
Your kingdom come, your will be done, on earth as it is in heaven.  
Your government come, your politics be done, on earth as it is in heaven.  
Your reign and rule come, your plans and purposes be done, on earth as it is in heaven.  
Give us day by day our daily bread, and help us provide for the poor among us.  
Gather us in Spirit and Truth around your mighty Gospel, diverse but one.  
As we seek first your kingdom and your justice, may all we need be provided.  
Transform our passions, beliefs and habits to love, know and follow Jesus.  
Lead us in the scattering of good gifts for the good of the City.  
So clothe us in your Spirit that we inspire the future with a sure hope.  
Extend your kingdom of hope over the whole earth, and into generations to come.  
Forgive us our trespasses as we forgive those who trespass against us.  
Forgive us our sins as we forgive those who sin against us.  
Forgive us our debts as we forgive our debtors.

Forgive us our trespasses as we forgive those who trespass against us.

Transform us by the Holy Spirit into a forgiving community of forgiven sinners.

Lead us not into trouble, trial, tribulation or temptation.

Be mindful of our frame, we are but dust,

We can only take so much.

Fill us to overflowing with your Spirit so that we overflow with goodness.

Keep us mindful and careful of the vulnerable, the suspicious and the searching—every bruised reed, so no flickering flame be extinguished.

Deliver us from evil and the evil one; save us from the satan, the accuser and adversary.

So that no weapon formed against us may succeed or prosper.

So that every tongue that rises against us in accusation will be condemned and silenced by you.

So that every fiery dart of the wicked one is extinguished by the shield of faith.

So that as we submit to you and resist the devil, the devil flees.

So that as we draw near to Jesus Christ lifted up, His cross becomes for us the axis of love expressed in forgiveness, that confounds, yet wins the world;

And the devil, who became the false ruler of the fallen world, is driven out from among us.

For yours is the kingdom and the power and the glory, forever and ever.

Amen

### **III. (Making our needs known and praying for others)**

**[Petition and Intercession]**

**[Contemplation (Sitting with Jesus) ]**

### **IV. (Preparing to enter the day and the world)**

#### **Prayer to the Crucified Christ**

Lord Jesus, you stretched out your arms of love upon the hard wood of the cross  
that everyone might come within the reach of your saving embrace:

So clothe us in your Spirit that we,  
reaching forth our hands in love,  
may bring those who do not know you  
to the knowledge and love of you;  
for the honor of your name.  
Amen.

### **The Beatitudes**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
Blessed are those who mourn, for they shall be comforted.  
Blessed are the meek, for they shall inherit the earth.  
Blessed are those who hunger and thirst for justice, for they shall be satisfied.  
Blessed are the merciful, for they shall receive mercy.  
Blessed are the pure in heart, for they shall see God.  
Blessed are the peacemakers, for they shall be called the children of God.  
Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

### **Prayer for Peace**

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near:  
Grant that people everywhere may seek after you and find you; bring the nations into your fold;  
pour out your Spirit upon all flesh;  
and hasten the coming of your kingdom;  
through Jesus Christ our Lord. Amen.

### **Prayer of St. Francis**

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
Where there is injury, pardon;



Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy,  
O Divine Master, grant that I may not so much seek to be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.  
Amen.

**Prayer for the Week** (The weekly collect from The Book of Common Prayer)

**Prayer for Grace**

Lord God, almighty and everlasting Father,  
you have brought us in safety to this new day:  
preserve us with your mighty power,  
that we may not fall into sin,  
nor be overcome by adversity;  
and in all we do,  
direct us to the fulfilling of your purpose,  
through Jesus Christ our Lord.  
Amen.

**Prayer of Thanksgiving**

Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks for all your goodness and lovingkindness to  
us and to all whom you have made.  
We bless you for our creation, preservation, and all the blessings of this life;

but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ;

for the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up ourselves to your service,  
and by walking before you in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages.  
Amen.

#### **Prayer for Mercy**

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

#### **Confession of the Mystery**

Christ has died.

Christ is risen.

Christ will come again.

#### **Jesus Prayer**

Lord Jesus Christ, Son of the Living God, have mercy on me, [a sinner.] (+)

### **Prayer of personal confession.**

*Unconfessed sin splits the soul, confession brings wholeness to the soul.*

God, I want to be more like Jesus.

***Acknowledge your desire, even if its weak.***

Right now, I do not feel anything like Jesus or, anything like who I really am, or who you made me to be.

***Remember who you are***

I know I was made good; you imparted your image within me to show the world your  
***Acknowledge you were made good.***

My own choices and sin have marred that image. Your image does not shine like it was made too. I am sorry, I know you are not mad at me, and you have made a way to fully redeem me and restore me.

***Give yourself a moment to feel the weight of your sorrow.***

Holy Spirit help me to see myself as I truly am in this moment, without all the masks I easily wear. I want to stop hiding. I no longer desire to live a double life of hide and seek. Hiding my sins and seeking refuge in false gods and idols. God, it feels like some of my sins are so much of who I am, and I can't separate the light from the dark within me. I don't want to deceive myself any longer. Please allow me to see as much of my soul as I can bear in this moment.

***Sit a moment and allow the Holy Spirit to show you your own heart and where it has deceived you. Take time now to confess your sins.***

I know you are kind. I know you want the very best for me, in all things. I know I am one who chooses sin. I have deceived myself. The truth, your truth is not functioning in me correctly. I desire truth in my inmost being.

***Allow yourself to see the truth.***

Forgive me for my sins. Restore the joy of salvation to me. . Search me and know me. Show me where my heart has been deceived, I want to be free from my hidden sins. Please don't leave me alone with myself. Jesus, would you sit with me now in silence.

***Allow a moment of silence to sit with Jesus.***

Jesus, would you allow your forgiveness to be felt deep within my bones. Remind me of your great love for me today, now, in this moment and as you work with me to remove these deeply engrained patterns of sin from within me. I desire a new heart, recreated from flesh not the cold stone it feels like today.

***Be aware of how you feel in this moment. Be very conscious of how your body responds as you receive forgiveness.***

I want to become more like Jesus, allow my trust in your continual work in me to be strong. I look for what you are doing and the way you are working in me. Thank you for loving me through this time and not leaving me. May my life bring you glory, amen.

***Remain in silence and reflect on the work the Holy Spirit doing in you. Rejoice as one who is forgiven.***