

Throughout the season of Lent, you are encouraged to use the following “Litany of Penitence” from our Ash Wednesday service as a tool for self-examination and repentance. Prayerfully read through one or two petitions each day and ask God how they may be true of you. (Don’t do them all every day since you won’t go as deep and will be tempted to skip the ones you don’t like!) Ask God to forgive you and for the strength and courage to amend your life where necessary. And always remember our Lord’s promise to heal and forgive all who come to him in faith.

CONFESSION AND LITANY OF PENITENCE

Most holy and merciful Father, we confess to you, and to one another, and to the whole communion of saints in heaven and on earth, that we have sinned, through our own fault 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, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven. We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

Lord, have mercy upon us:
For we have sinned against you.

For all our unfaithfulness and disobedience; for the pride, vanity, and hypocrisy of our lives; Lord, have mercy upon us:
For we have sinned against you.

For our self-pity and impatience, and our envy of those we think more fortunate than ourselves; Lord, have mercy upon us:
For we have sinned against you.

For our unrighteous anger, bitterness, and resentment; for all lies, gossip, and slander against our neighbors; Lord, have mercy upon us:
For we have sinned against you.

For our sexual impurity, our exploitation of other people, and our failure to give of ourselves in love; Lord, have mercy upon us:
For we have sinned against you.

For our self-indulgent appetites and ways, and our intemperate pursuit of worldly goods and comforts; Lord, have mercy upon us:
For we have sinned against you.

For our dishonesty in daily life and work, our ingratitude for your gifts, and our failure to heed your call. Lord, have mercy upon us:
For we have sinned against you.

For our blindness to human need and suffering, and our indifference to injustice and cruelty; Lord, have mercy upon us:

For we have sinned against you.

For our wastefulness and misuse of your creation, and our lack of concern for those who come after us; Lord, have mercy upon us:

For we have sinned against you.

For all false judgments, for prejudice and contempt of others, and for all uncharitable thoughts toward our neighbors; Lord, have mercy upon us:

For we have sinned against you.

For our negligence in prayer and worship; for our presumption and abuse of your means of grace;

Lord, have mercy upon us:

For we have sinned against you.

For seeking the praise of others rather than the approval of God; Lord, have mercy upon us:

For we have sinned against you.

For our failure to commend the faith that is in us; Lord, have mercy upon us:

For we have sinned against you.

Show favor to your people, O Lord, who turn to you in weeping, fasting, and prayer. For you are a merciful God, full of compassion, long-suffering, and abounding in steadfast love. You spare when we deserve punishment, and in your wrath you remember mercy. Spare your people, good Lord, spare us; in the multitude of your mercies, look upon us and forgive us; through the merits and mediation of your blessed Son Jesus Christ our Lord. Amen.