

## CONFESSION OF SIN

*You may kneel or sit during the prayer of confession*

*Officiant: Let us humbly confess our sins to Almighty God.*

**People:** Almighty and most merciful Father,  
we have erred and strayed from your ways like lost sheep.  
We have followed too much the devices and desires of our own hearts.  
We have offended against your holy laws.  
We have left undone those things which we ought to have done,  
and we have done those things which we ought not to have done;  
and apart from your grace, there is no health in us.  
O Lord, have mercy upon us. Spare all those who confess their faults.  
Restore all those who are penitent, according to your promises  
declared to all people in Christ Jesus our Lord.  
And grant, O most merciful Father, for his sake,  
that we may now live a godly, righteous, and sober life,  
to the glory of your holy Name. Amen.

*Priest: The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. Amen.*

## HE'S ON OUR SIDE

*Verse*

Our help has come in the Name of the Lord  
The One who formed all the earth and the sky  
Behold He comes to destroy the chains of death  
And raise us up to life

*Chorus*

O bless his name for he has given us  
Everything we need to fly  
Our broken wings they have not hindered us  
We have the Lord He's on our side

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## PSALM 4

- <sup>1</sup> Answer me when I call, O God of my righteousness!  
You have given me relief when I was in distress.  
Be gracious to me and hear my prayer!
- <sup>2</sup> O men, how long shall my honor be turned into shame?  
How long will you love vain words and seek after lies? Selah
- <sup>3</sup> But know that the Lord has set apart the godly for himself;  
the Lord hears when I call to him.
- <sup>4</sup> Be angry, and do not sin;  
ponder in your own hearts on your beds, and be silent. Selah
- <sup>5</sup> Offer right sacrifices,  
and put your trust in the Lord.
- <sup>6</sup> There are many who say, "Who will show us some good?  
Lift up the light of your face upon us, O Lord!"
- <sup>7</sup> You have put more joy in my heart  
than they have when their grain and wine abound.
- <sup>8</sup> In peace I will both lie down and sleep;  
for you alone, O Lord, make me dwell in safety.

*Leader and People:*

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen

## TESTIMONY

Tim Held

## JOURNALING & DISCUSSION QUESTIONS

1. How has your faith changed over the years? Have you had extended periods of doubt, theological turmoil or spiritual dryness that still impact you today?
2. Take time to reflect on the distinctives of an Anglican form of worship, spiritually, and theology. How have your thoughts and experiences with this branch of the Church changed over the years?
3. As we reach the midpoint of Lent do you find that you have been able to make space in this period of reflection and penitence? Are you feeling the weight of what you have chosen to give up or take up?

## CLOSING PRAYERS

All: Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

*Leader: The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, this night and evermore. Amen.*