

Week One Prayer Practice: Confession and Assurance

Confessing has been a practice for Christians from the beginning. This is a prayer that names the ways we have not lived faithfully or lovingly. And the Assurance reminds us that God is faithful and loving even when we are not.

Confession One:

Lord God, we have sinned against you; we have done evil in your sight. We are sorry and repent. Have mercy on us according to your love. Wash away our wrongdoing and cleanse us from our sin. Renew a right spirit within us and restore us to the joy of your salvation. Amen.

Confession Two:

We are sorry for the many things we have done that are wrong in your eyes. We are also sorry for all the things we should have done but didn't do. We are asking now for forgiveness for these things, and for other things that we have done wrong and don't even know about. Please forgive us. In your name alone we pray, Amen.

Assurance One:

The Lord is full of compassion and mercy, slow to anger and of great kindness. He has not dealt with us according to our sins, nor rewarded us according to our wickedness. For as the heavens are high above the earth, so great is his mercy upon those who fear him.

Assurance Two:

Give thanks to the Lord, for He is good.
His mercy keeps on going. Amen.

