

Confession and absolution

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OUTLINE OF THE RITE

In the name

|Hymn

Opening sentences

Psalm

Exhortation

Confession and absolution

Thanksgiving

Prayer for peace

|Hymn

Confession and absolution

IN THE NAME

In the name of the Father and of the Son † and of the Holy Spirit.

Amen.

HYMN

OPENING SENTENCES

O God, deliver me.

O Lord, be quick to help me.

Glory to the Father and the Son and the Holy Spirit,

as it was in the beginning, is now, and will be forevermore. Amen.

PSALM

One of the following or another psalm is said.

EITHER

Psalm 51:1–9

**Have mercy on me, O God, according to your unfailing love;
according to your great compassion blot out my transgressions.**

**Wash away all my iniquity
and cleanse me from my sin.**

**For I know my transgressions,
and my sin is always before me.**

**Against you, you only, have I sinned
and done what is evil in your sight.**

**so that you are proved right when you speak
and justified when you judge.**

**Surely I have been a sinner from birth,
sinful from the time my mother conceived me.**

**Since you desire truth in the inner parts,
you teach me wisdom in the inmost place.**

**Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.**

**Let me hear joy and gladness;
let the bones you have crushed rejoice.**

**Hide your face from my sins
and blot out all my iniquity.
Glory to the Father and the Son and the Holy Spirit,
as it was in the beginning, is now, and will be forevermore. Amen.**

OR

Psalm 130

**Out of the depths I cry to you, O Lord;
O Lord, hear my voice.
Let your ears be attentive
to my cry for mercy.
If you, O Lord, kept a record of sins,
O Lord, who could stand?
But with you there is forgiveness;
therefore you are feared.
I wait for the Lord, my soul waits,
and in his word I put my hope.
My soul waits for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.
O Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.
He himself will redeem Israel
from all their sins.
Glory to the Father and the Son and the Holy Spirit,
as it was in the beginning, is now, and will be forevermore. Amen.**

EXHORTATION

The following or an address.

Friends: Our Lord Jesus Christ instituted his holy supper to comfort those who confess their sins, and to strengthen those who hunger and thirst for righteousness.

Before we come to the Lord's table, we should examine ourselves, as St Paul urges us. Yet when we examine ourselves in the light of God's holy commandments, we find that we are guilty and deserve to die. But our Lord Jesus Christ has had mercy on us. He took on himself our nature in order to fulfil God's law for us, and to save us from the sentence of death.

He gives us his body and blood to eat and drink in this holy sacrament, so that we who believe his words may be assured of his forgiveness, live in him as he lives in us, and receive eternal life.

In this celebration we remember that Christ died for our sins and was raised for our justification, and so proclaim his death until he comes. Therefore, in thankfulness for what he has done, take up your cross, follow him, and love one another as he has loved us. For as we all share in this one bread and drink from this one cup, so we are all one body in him.

Let us pray.

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hidden: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily praise your holy name; through your Son, Jesus Christ our Lord.

Amen.

CONFESSION AND ABSOLUTION

Let us confess our sins to God our Father, and ask him to forgive us through Jesus Christ our Lord.

EITHER

**Almighty God, merciful Father,
I, a poor helpless sinner,
confess to you all my sins,
and repent of all the evil I have done.
I have deeply displeased you
and deserve your punishment
in time and in eternity.
But I am sorry for my sins,
and I ask you,
for the sake of the holy innocent sufferings and death
of your dear Son Jesus Christ,
to be gracious and merciful to me. Amen.**

OR

**Lord God, our heavenly Father,
I confess that I have sinned against you,
not only in my words and actions,
but also in my secret thoughts and desires
which I cannot fully know or understand,
but which you know completely.
I am sorry that I have displeased you,
and repent of the evil I have done.
For the sake of your dear Son,
Jesus Christ our Lord,
have mercy on me,
forgive my sins,
and graciously help me in my weakness. Amen.**

I ask each of you in the presence of God who searches the heart:

Do you confess that you have sinned, and do you repent of your sins?

I do.

Do you believe that Jesus Christ has redeemed you from all your sins,
and do you desire forgiveness in his name?

I do.

Do you intend with the help of the Holy Spirit to live as in God's
presence, and to strive daily to lead a holy life, even as Christ has made
you holy?

I do.

As you believe, let it be done for you.

By the authority the Lord has given his church and by his command I
declare you absolved: Your sins are forgiven; in the name of the Father
and of the Son † and of the Holy Spirit.

God forbid that any of you reject his grace and forgiveness by refusing to
repent and believe, and your sins therefore remain unforgiven.

May he comfort you with his holy absolution, and strengthen you with
his sacrament, that your joy may be full.

Peace be with you.

Amen.

THANKSGIVING

EITHER

Psalm 103:1–5, 13, 22b

Praise the Lord, O my soul;

all my inmost being, praise his holy name.

Praise the Lord, O my soul,

and forget not all his benefits.

He forgives all my sins

and heals all my diseases.

He redeems my life from the pit

and crowns me with love and compassion.

He satisfies my desires with good things,

so that my youth is renewed like the eagle's.

As a father has compassion on his children,

so the Lord has compassion on those who fear him.

Praise the Lord, O my soul.

Glory to the Father and the Son and the Holy Spirit,

as it was in the beginning, is now, and will be forevermore. Amen.

OR

Psalm 34: 1–4, 18, 22

I will extol the Lord at all times;

his praise will always be on my lips.

My soul will boast in the Lord;

let the afflicted hear and rejoice.

Glorify the Lord with me;

let us exalt his name together.

I sought the Lord, and he answered me;

he delivered me from all my fears.

The Lord is close to the broken-hearted

and saves those who are crushed in spirit.

The Lord redeems his servants;

no-one who takes refuge in him will be condemned.

Glory to the Father and the Son and the Holy Spirit,

as it was in the beginning, is now, and will be forevermore. Amen.

PRAYER FOR PEACE

Lord God, from whom all holy desires, all good purposes and all right works proceed: Give to your servants that peace which the world cannot give. Defend us from the fear of our enemies, and set our hearts to obey your commandments, so that we may live on earth in rest and quietness. We ask this through Jesus Christ our Saviour, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

HYMN