

**Self examination and Confession**  
**(from the liturgy for Ash Wednesday)**

Let us now call to mind our sin and the infinite mercy of God.

God the Father, have mercy on us.

God the Son, have mercy on us.

God the Holy Spirit, have mercy on us.

Trinity of love, have mercy on us.

Most merciful God, Father of our Lord Jesus Christ,  
we confess that we have sinned in thought, word and deed.

We have not loved you with our whole heart, and mind, and strength.

We have not loved our neighbours as ourselves.

We have not forgiven others, as we have been forgiven.

Lord, have mercy.

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.

We confess to you, Lord ...

all our past unfaithfulness: the pride, hypocrisy and impatience of our lives.

Lord, have mercy.

Our self-indulgent appetites and ways, and our exploitation of other people.

Lord, have mercy.

Our anger at our own frustration and our envy of those more  
fortunate than ourselves.

Lord, have mercy.

Our intemperate love of worldly goods and comforts and our  
dishonesty in daily life and work.

Lord, have mercy.

Our negligence in prayer and worship and our failure to commend the faith that is in us.

Lord, have mercy.

Accept our repentance, Lord ...

for the wrongs we have done,

for our blindness to human need and suffering, and our indifference to injustice and cruelty.

Accept our repentance, Lord.

For all false judgements,

for uncharitable thoughts towards our neighbours and for our  
prejudice and contempt towards those who differ from us.

Accept our repentance, Lord.

For our waste and pollution of your creation and our lack of concern for those who come after us.

Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us.  
Favourably hear us, for your mercy is great.

Accomplish in us the work of your salvation,  
that we may show your glory in the world.

By the cross and passion of your Son our Lord,  
bring us with all your saints to the joy of his resurrection.

*Silence.*

We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are, and direct what we shall be;  
that we may do justly, love mercy, and walk humbly with you,  
our God.  
Amen.

The Lord enrich us with his grace, and nourish us with his blessing; the Lord defend us in trouble and keep us from all evil; the Lord accept our prayers, and absolve us from your offences, for the sake of Jesus Christ, our Saviour  
Amen