

Confession

Make a fist with your hand

We are sorry for
when we have got angry
with other people



Point away

We are sorry for
the times we have blamed
others
and seen wrong in others
without recognising
how much is also wrong
in us



**Close your hand and
hold to your chest**

**We are sorry for
the times we have kept
things for ourselves
and not shared with
those who need it**



**Put your hand
over your mouth**

**We are sorry for
unkind
or untrue words
we have spoken**





**Put your hand over
one eye**

We are sorry for looking
at things we should not have,
looked at and not seen
the things we should have



**Put your hand over
one ear**

We are sorry for the times we
have not listened
to the cries of those
who are in need
or who suffer injustice

Leader

Jesus says,

‘If you are tired from carrying heavy burdens,
come to me
and I will give you rest.’

so, we bring all that burdens us,
all our sins to Jesus



Trace the shape of a cross on your hand

Jesus, thank you that you
died

For us on a cross

So that we might be
forgiven

And start a new life

In the power of your Holy
Spirit.

Amen