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

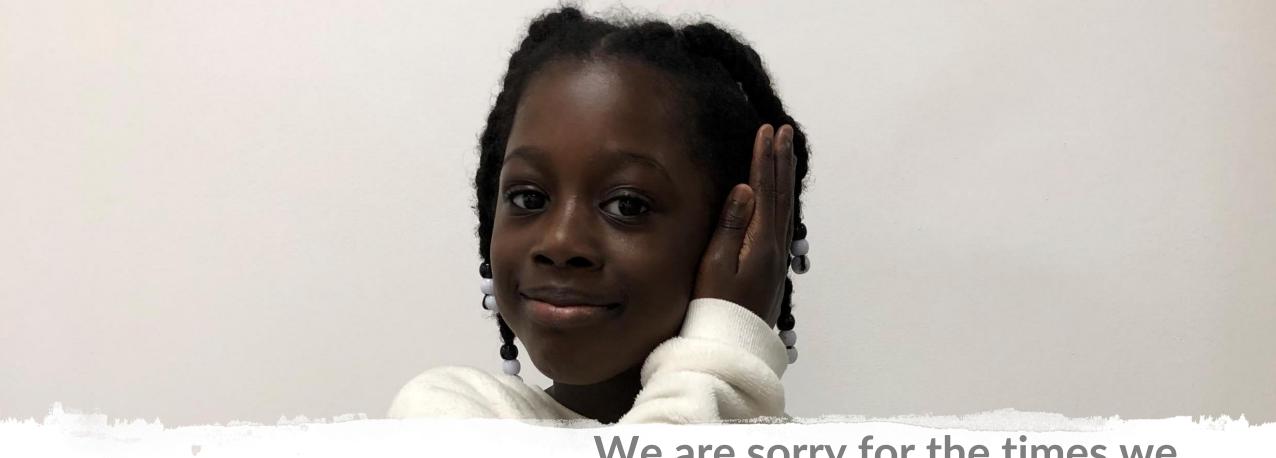
We are sorry for unkind or untrue words we have spoken





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