

Prayer of Confession

Leader Let us confess our sins to Almighty God.

All **Dear Lord, I am very sorry for all the wrong things I have done.**

**Forgive me, and help me to become a better person
in all that I think and
in all that I say and
in all that I do.**

Amen.

Leader Almighty God, + have mercy upon us,
forgive and deliver us from all our sins,
strengthen us in all goodness,
and bring us to everlasting life;
through Jesus Christ our Lord. Amen.

Comments: “+” symbol after Almighty God. Explanation for “making the sign of the cross”

- *In Sunday School we can cross ourselves towards the end of our prayer of confession, where you see the + sign.*
- *We cross ourselves by putting together the thumb and two forefingers to represent the Trinity, and touching our forehead (representing the Father), our chest (representing the Son), then shoulders from left to right (representing the Holy Spirit) and then back to the chest.*
- *In our church service, there are certain times when people tend to cross themselves, and these times are indicated with a small + in the middle of the text on the overhead screen – or you can just pay attention to when the priest does it, and do it then.*
- *When we make the sign of the cross we remind ourselves that Jesus died on the cross for us. He died, not just for the world, but for me personally. It is a way to worship God with our bodies, not just our words.*
- *Crossing ourselves can be done at any time and any place as a prayer to God.*
- *It is an ancient custom that Christians have done through the ages.*