***REPENT!***

***Jonah, Moses, David, John the Baptist, Jesus, and the apostles shared the message: REPENT! All who did, were saved.***

***Did you know that there are actually three parts of repentance?***

***Part 1: Contrition – When one recognizes, after self-evaluation, those things weighing heavy on the conscience and feels sorry about it from within. The person feels the need to apologize and begin anew.***

***Part 2: Confession – The person admits to those things (sins, wrongdoings, shortcomings, etc.) discovered through self-evaluation. This is very freeing for the soul, for when confessed, the body, mind, and spirit release those things that burden and bog down a person, enabling them to move forward in their lives and walks with God.***

***The Confession of Sin (from Rite I)***

*Almighty and most merciful Father,  
we have erred and strayed from thy ways like lost sheep,  
we have followed too much the devices and desires of our own hearts,  
we have offended against thy holy laws,  
we have left undone those things which we ought to have done,  
and we have done those things which we ought not to have done.  
But thou, O Lord, have mercy upon us,  
spare thou those who confess their faults,  
restore thou those who are penitent,  
according to thy promises declared unto mankind  
in Christ Jesus our Lord;  
and grant, O most merciful Father, for his sake,  
that we may hereafter live a godly, righteous, and sober life,  
to the glory of thy holy Name. Amen.*

*The Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. Amen.*

From Book of Common Prayer

***Part 3: Amendment of life – Some call this rebirth, renewal, or reconciliation, but most importantly, it’s the beginning of a better walk with God. This is not to assume that there won’t be backslides or other issues, yet, we know that when we confess our sin, it invites God to walk with us as we move toward His holy purpose for our lives.***

**Pray for God to guide you in working toward building His kingdom wherever you go, including home, work, church, and other activities. For next week, be thinking about the things you could bring to church to open the way for you and others to serve the Lord.**