



# Confession of Sin for Prayer & Fasting

*February 26, 2023 edition*

Most merciful God,

We confess that we have sinned against You  
in thought, word and deed,  
by what we have done and what we have left undone.  
We have not loved You with our whole heart.  
We have not loved our neighbor as ourselves.

We have delighted in our selfish desires.  
We have overlooked the hungry, the oppressed and the poor.  
We have consumed malicious talk.  
We have filled ourselves with envy of our neighbor.  
We have relied on our own strength and direction.  
We have pointed fingers and paid back wrongs for wrongs.  
We have turned our back on You,  
and our iniquities have separated us from You.

We are truly sorry and we humbly repent.  
In recognition of our sin,  
we come to You and empty ourselves.  
We trade our appetites for deep remorse.  
We deprive our flesh so that we may be filled with Your Spirit.  
We deny self of necessities to attend to You in prayer.  
We declare that our willpower and flesh will not overcome our evil ways.  
We respond to our sin with fasting not as a formula but as formation.  
We empty ourselves through fasting  
to loosen the chains of injustice  
and break bondage with sin.

We hold to the power  
that is not in our own strength  
but in the power of Your Spirit.  
We look to Your arm for salvation  
and Your righteousness to sustain us.

For the sake of Your Son Jesus Christ,  
have mercy on us and forgive us,  
that we may delight in Your will and walk in Your ways,  
to the glory of Your Name.

Amen.