

Self-examination & Confession

Most merciful God, Father of our Lord Jesus Christ,
I confess that I have sinned in thought, word and deed.
I have not loved you with my whole heart, and mind, and strength.
I have not loved my neighbours as myself.
I have not forgiven others, as I have been forgiven.
I have been deaf to your call to serve, as Christ served us.
I have not been true to the mind of Christ.
I have grieved your Holy Spirit.
Lord, have mercy.

I confess to you Lord:

all my past unfaithfulness: the pride, hypocrisy and impatience of my life.

my self-indulgent appetites and ways, and my exploitation of other people.

my anger at my own frustration and my envy of those more fortunate than myself.

my intemperate love of worldly goods and comforts and my dishonesty in daily life and work.

my negligence in prayer and worship and my failure to commend the faith that is in me.

Accept my repentance Lord:

for the wrongs I have done, for my blindness to human need and suffering, and my indifference to injustice and cruelty.

for all false judgements, for uncharitable thoughts towards my neighbours and for my prejudice and contempt towards those who differ from me.

for my waste and pollution of your creation and my lack of concern for those who come after me.

(Take time to bring to God anything else you need to clear out)

In your mercy, forgive what I have been, help me to amend what I am, and direct what I shall be; that I may act justly, love mercy, and walk humbly with you, my God. Amen.



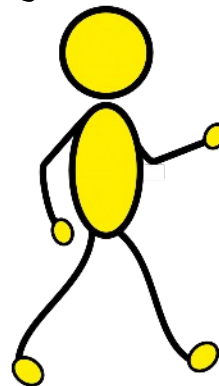
Through Lent this year, we are spending some time looking at Paul's letter to the Ephesians to help us get spiritually fitter, inspired by Watchman Nee's book 'Sit, Walk, Stand'. We will be focusing on three vital aspects of our life as Christians through Sunday preaching and providing resources for you to go on thinking and praying during the week:

Sit: *Knowing who we are in Jesus (Eph 1-3)* 5th March

Walk: *Living God's way in the world (Eph 4-6:9)* 19th March

Stand: *Being alert and prepared (Eph 6:10-24)* 2nd April

WALK



In this leaflet you will find suggestions to help you think and pray some more about how you can be living God's way in God's strength.

'I urge you to live a life worthy of the calling you have received'

Ephesians 4:1

Starting from knowing that we are sitting in the heavenly realms in Christ Jesus, **walking** as a Christian is all about how we live that out day by day here on earth. It affects every aspect of our lives, every moment of our lives and every relationship that we have. As God's beloved children we are called to **walk like Jesus** and to **walk with Jesus**, trusting in the power and strength of the Holy Spirit at work within us.

Pray

Pray that God will help you to discover more and more what it means for you to live in his way in his strength.

Listen again

You can listen again to the sermon from Sunday 19th March on our Church website www.allsaintsripley.org.uk

Read

Read Ephesians 4 to 6:9 in sections and ask God to show you anything he wants to speak to you about or to help you with in your day to day living.

Think

- Do I think it's important to take God's call to live like Jesus seriously? Where can I see the evidence of that in my life?
- Are there any ways I am trying hard to live God's way in my own strength?
- In what ways have I experienced the power of God in me helping me to behave and act more like Jesus?
- Are there ways that I drive myself harder than Jesus does?
- Do I ever think that God sees me as a failure rather than a learner?
- How could I walk more encouragingly with others so that we learn together to live God's way in his strength?

Talk to Jesus about your thoughts.

Walk like Jesus

Living and walking like Jesus is not about trying hard but about trusting in God day by day and co-operating with him. You could develop a daily pattern of consciously depending on him:

Pray at the start of the day: 'Fill me afresh with your Holy Spirit and help me to become more like Jesus and behave like him.'

Reflect at the end of the day: When have I behaved most like Jesus? When have I behaved least like Jesus? Talk to him about it knowing that he is for you and with you.

Walk with Jesus

Jesus invites us to come to him, to be yoked with him and to learn to walk with him, freely and lightly.

'Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.' (Matthew 11:28-30 The Message)

Why not literally go for a walk with Jesus, if you can? Visualise him beside you and walk slowly, noticing what's around you and talking with him about it. Be open to what he might show you and, most of all, enjoy keeping company with him.

Have a Spiritual Spring Clean

Ephesians 4:22-24 tells us '*to put off your old self... and to put on the new self, created to be like God in true righteousness and holiness.*' Sometimes it can be helpful to have a thorough clear out of the ways we've been living that are connected with our old self. On the back of this leaflet you will find the 'Self-examination and Confession' from the Ash Wednesday service which might help you to have a spiritual 'spring clean'. Remember this is not about beating yourself up, but turning to your Father God who loves you and trusting in him.