

## Session Four:

### 1. Additional Biblical or Prayer Book material

There are several confessions and absolution in the APBA on the following pages 4 & 5; 21; 38 & 39; 52 & 53; 109; 120;

Liturgical Commission has placed the 2009 Liturgy on the web. The confession and absolution in this liturgy is sharp and to the point.

We remember that the Lord Jesus died to take away our sins.

silence

Let us confess our sins  
to the God who knows us through and through.

Holy God,  
**we have disobeyed your commandments, we have resisted your call,  
we have failed to live by your generous love. We are sorry for all our sins,  
and ask you to forgive us,  
through Jesus Christ our Lord. Amen.**

The priest says

God who has called us is faithful, and will not remember our sins.  
Your sins are forgiven, through Jesus Christ our Lord.  
Live by the Spirit's transforming power, and forgive as you have been forgiven. Amen

I encourage each of us to reflect on how we address:

Disobeying our commandments  
Resisting the call of God  
Failing to live by the generosity of God love  
And asking God to forgive

Do we really believe that God is faithful and will not remember our sins.  
Do we live by God's transforming power?

The Lord's Prayer is found in both Matthew 6:7-11 and Luke 11:1-4  
Compare the two accounts.

### 2. A section on how the Church can make a difference

The booklet states that it is focusing on God and not self that makes the difference.

I encourage you to read the book of Jonah. It is only four chapters.

The key points are:

God asked Jonah to go to Nineveh - but he goes in the opposite direction.

Jonah is swallowed by a whale.  
Jonah goes to Nineveh and he is annoyed that God changed his mind.  
Then is the the account of the tree.

Jonah is a classic example of starting with himself and not God.  
In fact Jonah “knew” what to do and did not want to be a part of it!

How much Jonah is in you?  
What does Jonah teach you?  
Despite Jonah, God was able to fulfil his will.  
At times, God’s will can be done despite us.

If God had asked you to write a letter to Jonah, what would you write?

### **3. and prompts for “have you considered”**

Lent is a time to reflect on your prayer life. Have you considered your prayer life this Lent?

While this illustration is simplistic at one level, it does outline how our prayer life can be balanced.

It is referred to as the Hand of Prayer

Thumb:	my thumb is thick and strong and so must my praise of my God be all the day long.
Index finger	is long and points to all the things I must give thanks to God for.
Middle	confession - say sorry to my God for what I have done wrong
Ring finger	pray for my relationship with others, starting with my family and including the family of God where I worship.
Little finger	last but not least I should pray for myself so that I will serve my Lord faithfully today and always.

Lent is a time to consider not only whether my prayer life balanced, but am I truly thankful for the blessings God has bestowed on me.

Is Psalm 107:21 a reality for you?

“Let them thank the Lord for his steadfast love,  
for his wonderful works to humankind”.

Christians are thankful people. Are you thankful?