

Lament & Repent

Lament

a passionate expression of grief

Repent

turning from one course to another

Forgive us our sins / forgive us our trespasses...



Times we have not been the best we can be

Times we have strayed where we should not go



PERSONAL

Reflect on what motivates you, what comes first in your life and causes you to behave in the way you do (good and bad)

Think about the times you have not 'been the best you can be' in your work life, your relationships, your private life, the times when you did not do what you could have done.

Think about the times when you have 'strayed where you should not go' and done what should not have been done. *Father, I am sorry for my sins, my trespasses. Forgive me.*

Within these islands The times we have behaved badly towards each other through history in these islands, such as the days of Edward 1st or William Wallace or more recently such as 'the Troubles' in and around Northern Ireland.

Throughout the world For the times when we have not been the best we can be in our dealings with other nations or have trespassed into areas where we should not have been

Turning from God The way we have turned out back on God's teachings and Laws in recent years and have pushed Him out of our national life. *Father, we are sorry for our sins, our trespasses. Forgive us.*

NATIONAL

CULTURAL

For the historic mis-understanding of and mistreatment of other races and cultures

For the way in which our culture has become dominated by the search for pleasure and happiness at the expense of responsibility and care for others

For our love of money and possessions and ignoring the poor and the needy in this land and overseas.

That our culture believes Humanity has all the answers and is wise in its own eyes, rejecting the Wisdom from above. *Father, we are sorry for our sins, our trespasses. Forgive us.*

Lament & Repent

...as we forgive those who sin / trespass against us.



Think about the people you live with in your house and the times you do not get on, the squabbles and the arguments. Reflect on any such disagreement that you have not been able to forget, that still hurts or still makes you angry. It's easy to blame your brother or sister, father or mother, husband or wife and perhaps the thing you are thinking of really was their fault. Our prayer, though, asks God to forgive us *in the same way* that we forgive others. Ask God now for help to forgive those who have not been their best towards you or who have violated your territory.

There have been many such squabbles over the centuries between the people who live together on these islands. It's easy to blame the others, but God calls us to forgive them. We cannot change the past, but we can choose to forgive the wounds and that frees us from being continually trapped by those events.

In an interview with *Premier Radio's* Cindy Kent, Sir Cliff Richard spoke of his decision to forgive the person who wrongly accused him of abuse, you can watch it at <https://tinyurl.com/LamentForgive>

Make a list of things people have done which still anger you, annoy your or cause you pain. These might be personal things done by people you know, or things done by a group of people or a nation to a group you identify with.

Read each one aloud and say *Father, in the same way that I ask You for forgiveness, so I choose to forgive this person/group for this action.*

If you do not feel you can go that far all at once, say *Father, I recognise that I am unable at the moment to forgive this, but I ask You to help me to change my attitude during Lent so that I can say "I forgive" during this season.*

If at any time I announce that a nation or kingdom is to be uprooted, torn down and destroyed, and if that nation I warned repents of its evil, then I will relent and not inflict on it the disaster I had planned. And if at another time I announce that a nation or kingdom is to be built up and planted, and if it does evil in my sight and does not obey me, then I will reconsider the good I had intended to do for it.

Jeremiah 18:7-10

Spend 5 to 10 minutes each day during Lent, on odd dates focus on "Forgive me/ forgive us" and on even dates focus on "As I/we forgive".

Write down what you pray about and see how God helps you to forgive and to move on.

Join with others locally or via the internet to share and encourage as you go through the season of *Lamenting* and *Repenting*.

Ideas for what to pray each day can be found at

lent.lumin.org.uk

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

Matthew 6:14,15