

Loving God,  
as we worship you and sit in your presence,  
we marvel at your greatness  
and are amazed by your goodness.

As we look to you,  
we look also at ourselves.

In your perfection,  
we see our imperfection.

In your love, we see our lack of love.

In your generosity, we see our meanness.

In your willingness to forgive and heal,  
we see the burdens we don't want to release.

Gracious God,  
we come before you now,  
mindful of the baggage we carry:

the worries,

the fears,

the guilt we long to be rid of, yet keep clinging on to.

Forgive us, Lord, that although we try to let go of our  
burdens

, we all too readily pick them up again,

thinking our sin is too great for your love.

Lord Jesus, we lay before you now those things which  
weigh us down.

1 2 3 4 5 6 7 8 9 10

when we confess our sins  
our sins are forgiven.

so

Hear the good news of God:

Our Lord, our Sovereign Lord,  
has taken away all that burdens us  
all that weighs us down, like dust they are no more.  
Rise up and be free in the name of Jesus  
and you shall be free indeed. Alleluia! Alleluia.

Hear our prayers Lord  
brought to you through your son Jesus Christ.  
Amen