**Opening Prayer**

**Eternal God, we say good morning to you. Hallowed be your name.**

**Early in the morning, before we begin our day, we praise your glory.**

**Renew our bodies as fresh as the morning flowers.**

**Open our inner eyes, as the sun casts new light upon the darkness**  
**which prevailed over the night.**

**Deliver us from all captivity. Give us wings of freedom like the birds in the sky,**  
**to begin a new journey.**

**Restore justice and freedom, as a mighty stream running continuously as day follows day.**

**We thank you for the gift of this morning, and this new day to be with you.**

**Amen**

*Adapted from Japanese morning prayer*

*Masao Takenaka, first president of the Asian Christian Art Association, Japan. BAE p.62.*

**Prayer of Confession**

**Jesus says “Come to me all you who are troubled and I will give you rest.”**

**So come, you who are burdened by regrets and anxiety.**

**Come, you who are broken in body or spirit.**

**Come, you who are torn by relationships and by doubt.**

**Come, you who feel deeply within your spirit the divisions and injustice in our world.**

**Come, for Jesus himself invites us to bring him our brokenness.**

**Lord Jesus, when we have not touched but trampled upon you in your creation,**

**When we have not met, but missed you in one another,**

**When we have not received, but rejected you in the poor,**

**Forgive us and hear now our plea for mercy.**

**Forgive us, that we may forgive one another.**

**Heal us, that we may be people of healing.**

**Renew us that we also may be makers of peace.**

**Forgiveness**

**People of God, hear now again the words of Jesus for all who are truly sorry and seek to renew their lives: Jesus says “Your sins are forgiven. Go in peace and come and follow me.”**

**So lead us now, o God, to acknowledge your costly generosity by living our lives as forgiven people, until heaven and earth rejoice and the whole earth cries Glory!**

**Through Jesus Christ our Lord. Amen**

*Adapted from the Iona Abbey Worship Book*