



LENT FASTING & FEASTING



Wednesdays - Fast your 1st 15 minutes of the day

Feast on confession

Give your first 15 minutes to the Lord in confession.

- **Confession** - ACNA BCP

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

- **A Prayer for Contrition** - “St. Augustine Prayer Book”

Blessed Jesus, look upon me with those eyes with which thou didst look upon Magdalene at the feast, Peter in the hall, the thief upon the cross: that, with the thief, I may entreat thee humbly. Remember me, Lord, in thy kingdom; that with Peter, I may bitterly weep; that, with Magdalene, I may hear thee say, Thy sins be forgiven thee.

