

**Additional slides courtesy of  
Wildwood Mennonite Church, Saskatchewan, Canada  
and Jan Richardson**



Scripture and  
Reflection  
*Rev. Sheri Clifton*



*Confess = to admit, to acknowledge  
(sin) to God*



*Lament = a passionate expression of grief or sorrow; an expression of regret or disappointment*




What does it mean  
to Lament?





## Joel 2:12-13

*Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.*



ment is...

...preparing for the journey.

*What do you carry in your mind, heart, and spirit tonight?*



*Remember,  
you were built for this,  
the ancient path  
inscribed upon your bones,  
the persistent pattern  
echoing in your heartbeat.*

*Let this be the season  
you turn your face  
toward the One  
who calls to you:*

*Return, return.*

*Let this be the day  
you open wide your arms  
to the wind that knows  
how to bear you  
home.*

*~Jan Richardson  
[janrichardson.com](http://janrichardson.com)*




ment is...




...owning limitations.

*You are frail, weak, mortal. How do you feel about that?*



 ment is...



...naming pain and feeling sorrows.  
*How are you hurting, grieving, bleeding?*



ment is...

...confessing sin.

*How have you fallen short, done wrong, and caused pain?*



## *Psalm 51:1-4*

*Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin.*



*For I know my transgressions, and my sin is ever before me. Against you, you alone, have I sinned, and done what is evil in your sight, so that you are justified in your sentence and blameless when you pass judgment.*



ment is...



...longing for a better way.

*What fresh starts, new paths, or renewed relationships  
can you imagine?*



## Psalm 51:6-12

*You desire truth in the inward being; therefore teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Let me hear joy and gladness; let the bones that you have crushed rejoice. Hide your face from my sins, and blot out all my iniquities.*




*Create in me a clean heart, O God, and  
put a new and right spirit within me. Do  
not cast me away from your presence,  
and do not take your holy spirit from me.  
Restore to me the joy of your salvation,  
and sustain in me a willing spirit.*



ment is...

...a step towards healing.  
*What would wholeness look like?*



ment is...



...a safe space in the heart of God.



## *Psalm 51:15-17*

*O Lord, open my lips, and my mouth will declare your praise. For you have no delight in sacrifice; if I were to give a burnt offering, you would not be pleased. The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, you will not despise.*



*if you meet us in the ashes  
when you meet us in the ache  
And show your face within our sorrow  
And offer us your word of grace:*

*That you are life within the dying  
That you abide within the dust  
That you are what survives the burning  
That you arise to make us new.*

*And in our aching, you are breathing  
And in our weeping, you are here  
Within the hands that bear your blessing  
Enfolding us within your love.*

*~Jan Richardson, [janrichardson.com](http://janrichardson.com)*