

Confession and Assurance – We are Afraid to Feel Pain

Prayer of Confession

(May be read in unison)

God in whose image we are formed,
 numerous are the ways we've learned to cope with the hurt we feel.
We distract ourselves with work or play.
We direct our attention toward the needs of others
 rather than acknowledging our own.
We self-medicate, hoping that indulgence will dress our wounds.
We lash out, wanting the responsibility for our healing
 to land on someone else's shoulders.
The hardest thing to do is to be still
 and let our pain be what it is.
We are afraid that in doing this our feelings may swallow us.
We are afraid that they may never give way to peace.
We are afraid that if we allow ourselves to give voice to our fear and sadness,
 we may find out that we are vulnerable and alone.
God of grace, forgive us for finding it difficult
 to trust in the possibility of healing.
Calm our fears, take us by the hand, and lead us to peace.
 (Pause)

Words of Assurance

(Read by leader)

Be assured that no matter the force of the pain you carry,
 healing is possible.
There are sisters and brothers here willing to support you in your journey.
Our loving God will guide and protect your path. Amen.

Edited by Hilary Jerome Scarsella.

Produced by Mennonite Church USA. ©2013 Mennonite Church USA.

[Creative Commons: Attribution Non-Commercial 4.0 International \(CC BY-4.0\)](https://creativecommons.org/licenses/by-nc/4.0/)