

# Confession and Assurance – Vulnerability and Strength

## Prayer of Confession

*(May be read in unison)*

God of grace, we open our spirits before you.

We who are comfortable exhibiting strength  
are often afraid of allowing ourselves to become vulnerable.

We who are comfortable exhibiting vulnerability  
are often terrified of asserting our strength.

The fear in us is what keeps us from you  
and from one another.

We long to be secure in the knowledge that we are loved and worthwhile.

Come, and take away our fear.

Come, and assure us that we are full of worth  
and deserving of love.

Come, teach us to be comfortable in strength,  
comfortable in vulnerability,  
comfortable in the full range of expression that you wove into human life.

*(Pause.)*

## Words of Assurance

*(To be read by leader)*

Know that you are God's beloved creation.

Be assured that whatever may come,  
this will never change. Amen.

Edited by Hilary Jerome Scarsella.

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