

Shrove Tuesday Home Litany & Blessing

Traditionally, Shrove Tuesday has been a time for Christians to confess their sins and receive absolution before the season of Lent begins. In some churches this has looked like individuals meeting with their priest or pastor for individual confession. For those who do not practice individual confession this day still offers an opportunity for reflection and repentance. The below litany (prayer split into petitions) and blessing can be done with others or individually. This can also be done as part of an Alleluia Farewell, or as a stand alone activity.

Gather together so that you are facing one another.

Leader: Create in me a clean heart, O God,
Everybody: And put a new and right spirit within me.



Leader: Do not cast me away from your presence,
Everybody: and do not take your holy spirit from me.

Leader: Restore to me the joy of your salvation,
Everybody: and sustain in me a willing spirit. (Psalm 51:10-12, NRSV)

Blessing: Take turns saying this blessing to one another (for those with young kids, have them repeat after you so that they can participate in blessing others as well).

- Make the sign of the cross on the recipient's forehead.
- Say: **You have been created, and redeemed by God. Forgiven of your sins, may you live in his love and grace, today and all days. Amen.**

Reflection Questions for Shrove Tuesday: this can be done as a conversation, or alone as a journal or self reflection activity.

Read Psalm 51 -

- What word or phrase stood out for you in this reading? Read it again - was it the same word/phrase or was there another one?
- Is there anywhere in your life you're being called to pray this prayer? How you interact with neighbors, where you find pride or value, etc.
- Jesus has forgiven you of your sins through His death on the cross. What does it mean for you to live as a forgiven person?