

FAST for CHANGE



CONFESSION & ASSURANCE

Confession

God of justice and grace,
we come to you, hungry for your forgiveness.
We confess the brokenness of our world, made manifest in hunger;
the injustice that allows some to go without enough food
while others have more than enough.
We mourn the poverty that robs many people of their daily bread.
You are the Bread of Life.
Empower us to share in that life
by sharing your love and justice with others.
Help us to see you in the people we meet;
your grace in the relationships we share.
Help us to give bread, love, and hope
to a world that longs for these things.
Help us to move past our indifference, our selfishness,
to practice your love.
Help us to feed your sheep. Amen.

Assurance of Pardon

Our God is a God of mercy.
Those who seek forgiveness will find it.
Our God is a God of plenty.
Those who hunger and thirst for righteousness will be satisfied.
Our God is a God of abundance.
Those who are blessed by grace are inspired to share.
Our God is a God of love.
Rest in God's love, and be transformed.

— from *Hungering for Righteousness: A Six-Week Series on Food and Hunger*, by the Calvin Christian Reformed Church in Ottawa, Ontario.